



HEALTHY

Thyme and Garlic Pork with Potato Wedges and Summer Greens

 20-30min  2 Portions

Proving meat and three veg doesn't mean mundane. Golden roasted chat potato wedges, tender pork in a classic garlic and fresh thyme marinade, summer greens and a honey-mustard dressing to bring it all together. Easy, wholesome and perfect for the whole family.

What we send

- thyme
- 1 garlic clove
- pork stir-fry

What you'll require

- butter ⁷
- extra virgin olive oil
- Australian honey
- olive oil
- sea salt and pepper
- wholegrain mustard ¹⁷

Utensils

- baking paper
- medium saucepan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

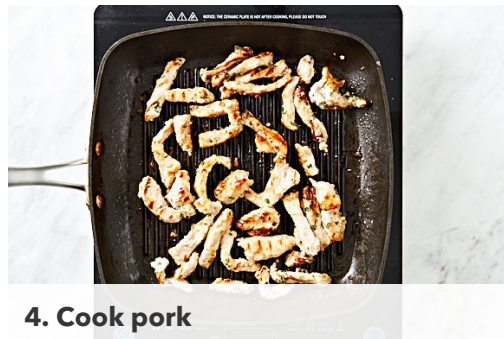
Nutrition per serving

Energy 525kcal, Fat 26.7g, Carbs 22.1g, Proteins 44.6g



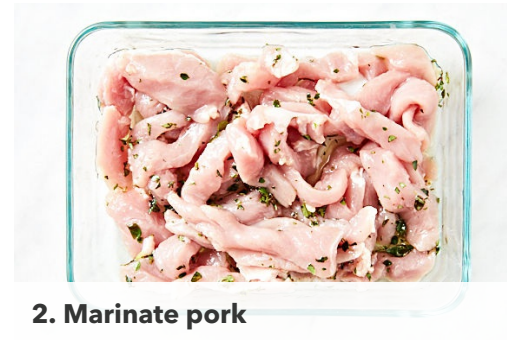
1. Roast wedges

Heat the oven to 220C. Line an oven tray with baking paper. Cut the **potatoes** into 2cm-thick wedges. Put on the lined tray, drizzle with **2 tsp olive oil**, season with **salt** and toss to coat. Roast, turning halfway, for 25-30 mins until golden and tender.



4. Cook pork

Heat a chargrill pan over medium-high heat. Chargrill the **pork strips** for 2 mins each side or until browned and just cooked through.



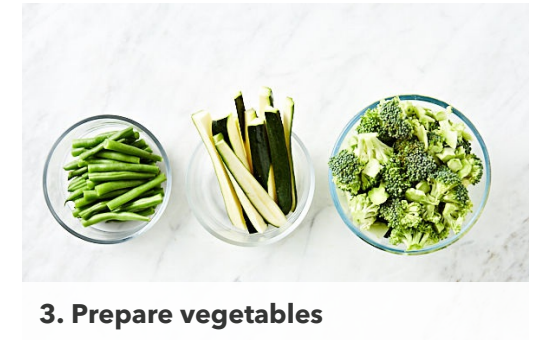
2. Marinate pork

Meanwhile, bring a medium saucepan of salted water to the boil for the vegetables. Crush or finely chop the **garlic**. Coarsely chop the **thyme** leaves, discarding the stems. Put the garlic, thyme and **2 tsp olive oil** in a shallow dish, season with **salt and pepper**, then add the **pork** and toss to coat.



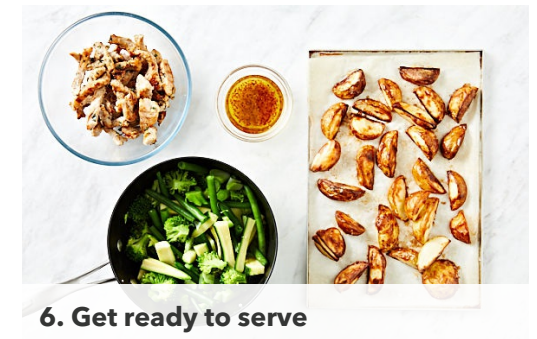
5. Cook vegetables

While the pork is cooking, cook the **vegetables** in the pan of boiling water for 2-3 mins until tender. Drain well. Return the pan to medium heat and melt **10g butter**. Remove from the heat, add the **vegetables** and toss to coat.



3. Prepare vegetables

Trim and peel the **broccoli stem**, then thinly slice. Cut the **broccoli head** into small florets. Trim the **beans**, then halve widthwise. Cut the **zucchini** into batons.



6. Get ready to serve

Meanwhile, combine **1 tbs extra virgin olive oil**, **½ tsp wholegrain mustard** and **½ tsp honey** in a small bowl. Divide the **wedges, vegetables** and **pork** among plates. Drizzle with the **honey-mustard dressing** to serve.