



Chargrilled Pork Steak & Honey Haloumi

with Roast Pumpkin, Goat Cheese & Radish Salad

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Walnuts



Cucumber



Radish



Haloumi



Garlic & Herb Seasoning



Pork Loin Steaks



Marinated Goat Cheese



Chilli Flakes (Optional)



Spinach & Rocket Mix



Balsamic & Olive Oil Dressing



Dill & Parsley Mayonnaise

Hands-on: **25-35 mins**
 Ready in: **35-45 mins**
 Spicy (optional chilli flakes)

Carb Smart

Nothing beats a good chargrilled pork steak. Paired with lip-smacking honey haloumi, roast pumpkin and creamy goat cheese, it's a winning barbeque meal. No barbie? No worries. Just follow our tips for cooking on the stove or in the oven!

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

BBQ · Oven tray lined with baking paper · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
walnuts	1 packet	2 packets
cucumber	1 (medium)	1 (large)
radish	2	4
haloumi	1 packet	2 packets
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
honey*	1 tsp	2 tsp
marinated goat cheese	½ packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
spinach & rocket mix	1 bag (30g)	1 bag (60g)
balsamic & olive oil dressing	1 bottle (25g)	2 bottles (50g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

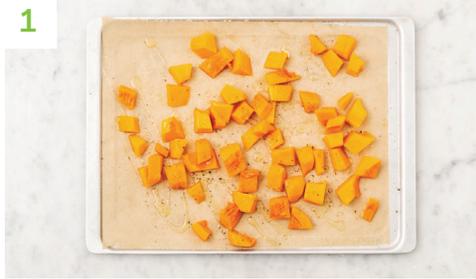
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3757kJ (897Cal)	573kJ (136Cal)
Protein (g)	68.1g	10.4g
Fat, total (g)	56.6g	8.6g
- saturated (g)	20.2g	3.1g
Carbohydrate (g)	26.8g	4.1g
- sugars (g)	19.4g	3g
Sodium (mg)	1777mg	271mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Preheat the BBQ to a high heat. Place the **peeled & chopped pumpkin** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**. In the last **3 minutes** of cook time, add the **walnuts** to one side of the tray, then roast until toasted.

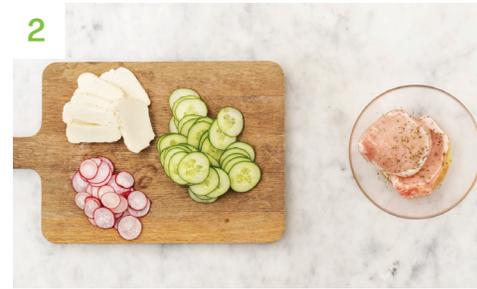


BBQ the haloumi

Grill the **haloumi** on the BBQ flat plate until golden brown, **2-3 minutes** each side. Transfer to a plate, then drizzle over the **honey** and cover to keep warm.

TIP: Avoid using the grill plate to cook your haloumi in case it gets stuck!

No BBQ or flat plate? Wipe out the frying pan. Return to a medium-high heat with a drizzle of olive oil. When oil is hot, cook haloumi until golden brown, 1-2 minutes each side. Remove pan from heat, then add the honey and turn to coat.



Get prepped

While the pumpkin is roasting, thinly slice the **cucumber** and **radish** into rounds. Cut the **haloumi** into 1cm-thick slices. In a medium bowl, combine the **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat.



Bring it all together

Roughly chop the toasted **walnuts**. Transfer the **roasted pumpkin** to a serving bowl. Crumble the **marinated goat cheese** over the **pumpkin**, then sprinkle with the **walnuts** and a pinch of **chilli flakes** (if using). In a large bowl, combine the **spinach & rocket mix**, **cucumber**, **radish** and **balsamic & olive oil dressing**. Season to taste.



BBQ the pork

When the BBQ is hot, grill the **pork** until cooked through, **2-4 minutes** each side. Transfer to a plate, cover and rest for **5 minutes**.

TIP: The spice blend will char slightly, this adds to the flavour!

No BBQ? In a large frying pan, heat a drizzle of olive oil over a medium-high heat. When oil is hot, cook pork until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).



Serve up

Slice the chargrilled pork. Bring everything to the table to serve. Help yourself to the pork, honey haloumi, roast pumpkin, goat cheese and radish salad. Serve with the **dill & parsley mayonnaise**.

Enjoy!