



GARLIC PORK STEAKS

with Honey Roasted Butternut Squash



HELLO FETA

Feta is one of the world's oldest cheeses, it is mentioned in Homer's Odyssey.



Butternut Squash



Red Onion



Chilli Flakes



Garlic Clove



Honey



Pork Steak



Pumpkin Seeds



Feta Cheese



Premium Baby Leaf Mix

- 45 mins
- 1.5 of your 5 a day
- Little heat

Here's a dish that requires minimum effort but delivers maximum flavour. Succulently sweet honey marinated pork with roasted butternut squash, caramelised red onions, crumbled feta and a fresh, crispy salad...If that doesn't sound like music to your ears, you must have already eaten! A top tip from chef Lizzie is making sure your frying pan is nice and hot before adding your pork steaks - sealing your meat on a high heat will lock in all the flavour and make them lovely and juicy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, a **Fine Grater** (or a **Garlic Press**), a **Large Mixing Bowl**, **Frying Pan** and some **Foil**. Now, let's get cooking!



1 PREP THE VEG

Preheat your oven to 220°C. Slice the **butternut squash** in half lengthways (no need to peel!) and scoop out the seeds. Slice it widthways into about 1cm thick pieces, then chop it into 1cm cubes. Halve, peel and chop the **red onion** into wedges - about four **wedges** per half.



2 ROAST THE VEG

Spread the **butternut squash** and **onion** out on a baking tray. Drizzle over **half** the **honey**, a good glug of **oil**, a pinch of **chilli flakes** (careful, they're hot!), **salt** and **pepper**. Toss to ensure an even coating. Place on the top shelf of your oven and roast until soft and starting to caramelise, about 25-30 mins.



3 MARINATE THE PORK

Meanwhile, peel and grate the **garlic** (or use a garlic press if you have one). In a large bowl, combine the **garlic**, the **olive oil** (see ingredients for amount) and the remaining **honey**. Season with a good pinch of **salt** and **pepper**. Add the **pork steaks** to the bowl and use your hands to coat the **pork** well in the **marinade**. **IMPORTANT:** Wash your hands, board and equipment after handling raw meat.



4 START THE PORK

Heat a frying pan on medium heat (no oil). When hot, add the **pork steaks** and fry until golden brown, 1-2 mins on each side

TIP: Leave the excess marinade in the bowl, we'll use it later! We will finish the **pork steaks** in the oven, so don't fry them for too long or they may overcook! When they are done, simply remove the pan from the heat.



5 FINISH THE PORK

When the **veg** has been cooking for 20-25 mins and are crispy, turn it and lay the **pork steaks** on top and pour any extra **marinade** over. Scatter over the **pumpkin seeds**. Return the tray to the oven to cook for a further 8-10 mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle. When the **pork** is done, remove it to a plate and cover it loosely with foil to rest while you finish up.



6 SERVE

Serve the **roasted veg** in bowls. Crumble over **half** the **feta cheese**. Slice the **pork** into 1cm strips and lay on top of the **veg** before crumbling over the remaining **feta**. Add a handful of **baby leaves** on the side and pour over any **juices** from the roasting tray - the flavour is delicious. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Butternut Squash *	1 small	¾ large	1 large
Red Onion *	1	2	2
Chilli Flakes	a pinch	a pinch	a pinch
Olive Oil*	3 tbsp	4½ tbsp	6 tbsp
Garlic Clove *	2	3	4
Honey	1 sachet	1½ sachets	sachets
Pork Steak *	2	3	4
Pumpkin Seeds	1 small bag	1 large bag	1 large bag
Feta Cheese 7) *	1 block	1½ blocks	2 blocks
Premium Baby Leaf Mix *	1 bag	1½ bags	2 bags

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 523G	PER 100G
Energy (kJ/kcal)	2703 / 646	517 / 123
Fat (g)	41	8
Sat. Fat (g)	15	3
Carbohydrate (g)	31	6
Sugars (g)	20	4
Protein (g)	40	8
Salt (g)	1.18	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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