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## Pork, Kale & Sweet Potato Salad with Honey Mustard

The key to balanced flavour in any recipe is the combination of vinegar, saltiness and sweetness. This recipe has all three and is therefore great. The End. Roasted onion, sweet potato, and cumin amp up the flavour with tender pork bringing the whole dish to a perfect close.

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins

level 2

lactose free

gluten free

### Pantry Items



Olive Oil



Wholegrain Mustard



Honey



Sweet Potato



Red Onion



Cumin



Lemon



Kale



Pork Striploin



Pepitas

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2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & cut into 2 cm cubes
1	2	red onion, cut into wedges 
1 tsp	2 tsp	cumin
2 tbs	4 tbs	olive oil *
2 tsp	1 tbs	wholegrain mustard *
1 tsp	2 tsp	honey *
½	1	lemon, juiced 
1 bunch	2 bunches	kale, destemmed & roughly chopped
1	2	pork striploin
2 tbs	4 tbs	pepitas

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2570	Kj
Protein	59.1	g
Fat, total	24.5	g
-saturated	4.1	g
Carbohydrate	37.2	g
-sugars	16.7	g
Sodium	258	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, whisk, small bowl, large bowl, an ovenproof medium frying pan, a plate, and aluminium foil.*

**1** Preheat the oven to **200°C/180°C fan forced**.

**2** Toss the **sweet potato** and **red onion** in the **cumin**, half of the **olive oil**, and some **salt** and **pepper**. Arrange in a single layer on the lined oven tray and bake in the oven for **25-30 minutes** or until tender.

**3** Meanwhile, to make the dressing whisk the remaining olive oil, **wholegrain mustard**, **honey** and **lemon juice** in a small bowl until well combined. Set aside.

**4** Place the **kale** in a large bowl and drizzle with extra olive oil. Season well with salt and pepper and then, using your fingers, massage the kale leaves gently to soften.

**Tip:** Massaging kale leaves completely changes their texture and makes them much more enjoyable to eat raw in a salad.

**5** Heat a greased ovenproof medium frying pan over a medium-high heat. Season the **pork striploin** with salt and pepper and add to the pan. Cook for **3 minutes**, turning to cook all sides. Transfer to the oven and cook for **8 minutes** or until cooked through (pork can be served blushing). Remove from the oven, place on a plate and cover with aluminium foil. Rest for **5 minutes** and then slice.

**6** Add the roast sweet potato, red onion and **pepitas** to the bowl with the kale and gently toss. Divide the salad between plates, top with the pork slices and drizzle with the honey and mustard dressing.

**Did you know?** The word 'pepita' is Spanish for "little seed of squash".

