



Chimichurri Pork Loin & Roast Veggie Toss

with Garlic Dip

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Onion



Beetroot



White Turnip



Garlic & Herb Seasoning



Chimichurri Seasoning



Pork Loin Steaks



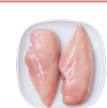
Sweet Chilli Sauce



Spinach & Rocket Mix



Garlic Dip



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



Carb Smart



Eat Me Early*

*Custom Recipe only

It's meat and three veg, but not as you know it. Reinvent this everyday meal by simply tossing the roasted veggies with salad leaves and topping your golden spiced pork with a drizzle of sweet chilli sauce. And there you have it folks, a classic meal that never disappoints.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
beetroot	1	2
white turnip	1	2
garlic & herb seasoning	½ sachet	1 sachet
chimichurri seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
sweet chilli sauce	1 small packet	1 medium packet
butter*	10g	20g
spinach & rocket mix	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2336kJ (558Cal)	446kJ (106Cal)
Protein (g)	41g	7.8g
Fat, total (g)	28.9g	5.5g
- saturated (g)	5.6g	1.1g
Carbohydrate (g)	32.5g	6.2g
- sugars (g)	22.2g	4.2g
Sodium (mg)	1116mg	213mg
Dietary Fibre (g)	9.5g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2371kJ (567Cal)	447kJ (107Cal)
Protein (g)	38.1g	7.2g
Fat, total (g)	31.5g	3.4g
- saturated (g)	6.3g	1.2g
Carbohydrate (g)	33.3g	6.3g
- sugars (g)	22.3g	4.2g
Sodium (mg)	1140mg	215mg
Dietary fibre	9.5g	1.8g

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW33



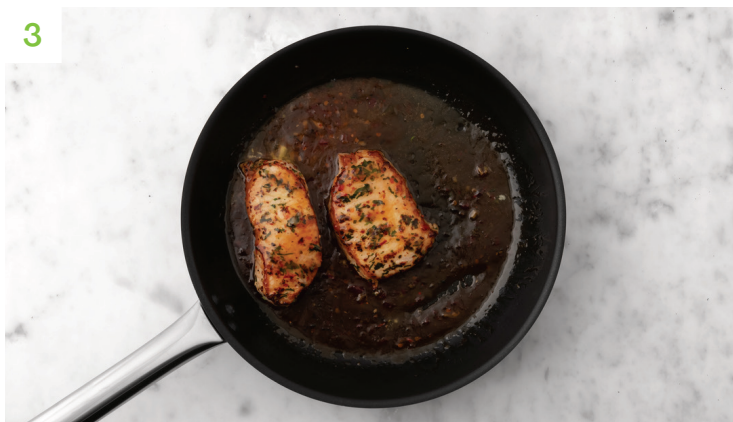
1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **carrot** into thick rounds. Slice **onion** into wedges. Cut **beetroot** and **white turnip** into small chunks.
- Place **veggies** on a lined oven tray. Sprinkle with **garlic & herb seasoning** (**see ingredients**), drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and spread out evenly.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Remove pan from heat, then add **sweet chilli sauce** and the **butter**, turning **pork** to coat.
- Transfer to a plate, then spoon over any remaining **glaze**. Cover with foil and rest for **5 minutes**.

Custom Recipe: Heat frying pan as above, then cook chicken until cooked through, 3-5 minutes each side. Continue with step.

2

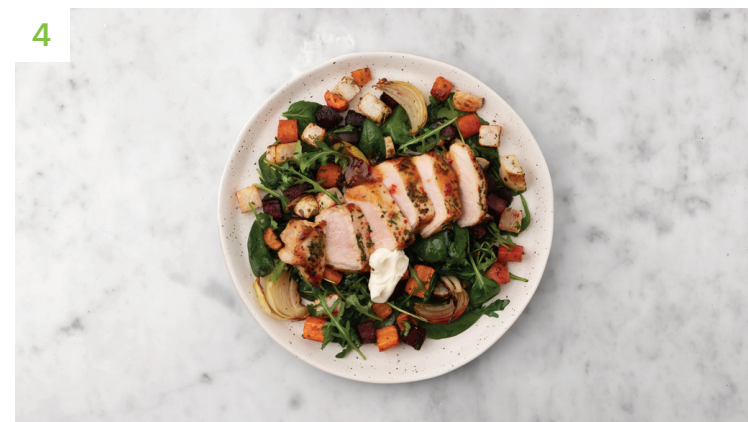


Flavour the pork

- Meanwhile, combine **chimichurri seasoning**, a pinch of **salt** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks** and turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Combine chicken with the spice blend and oil as above.

4



Serve up

- When the roasted veggies are done, add **spinach & rocket mix** and a drizzle of **white wine vinegar** to the tray. Gently toss to combine.
- Slice chimichurri pork.
- Divide roast veggie toss between plates. Top with pork (plus any resting juices).
- Dollop over **garlic dip** to serve. Enjoy!

Rate your recipe

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