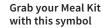


Golden Spiced Pork & Garlic Almond Crumb

with Roast Root Veggie Toss & Capsicum Relish

BESTSELLER















Aussie Spice Blend

Pork Loin





Panko Breadcrumbs

Flaked Almonds





Baby Spinach Leaves

Chargrilled Capsicum



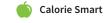
Parsley

Pantry items



Prep in: 20-30 mins Ready in: 30-40 mins Eat Me Early*

*Custom Recipe only



Sure, searing up some plain pork steaks for dinner is all fine and dandy. But why not take it up a notch with this aromatic crumb that's scattered over the pork as a crunchy finishing touch? It'll contrast perfectly with the capsicum relish. Trust us, this is going to be your new pork dinner.

Olive Oil, Butter, Honey, Balsamic 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

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
carrot	1	2		
beetroot	1	2		
garlic	2 cloves	4 cloves		
Aussie spice blend	1 medium sachet	1 large sachet		
pork loin steaks	1 packet	1 packet		
butter*	10g	20g		
panko breadcrumbs	½ medium packet	1 medium packet		
flaked almonds	1 packet	2 packets		
honey*	1 tsp	2 tsp		
baby spinach leaves	1 small bag	1 medium bag		
balsamic vinegar*	drizzle	drizzle		
chargrilled	1 packet	1 packet		
capsicum relish	(50g)	(100g)		
parsley	1 bag	1 bag		
chicken breast**	1 packet	1 packet		

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2330kJ (557Cal)	386kJ (92Cal)
Protein (g)	46.5g	7.7g
Fat, total (g)	11.2g	1.9g
- saturated (g)	4g	0.7g
Carbohydrate (g)	65.3g	10.8g
- sugars (g)	27.7g	4.6g
Sodium (mg)	990mg	164mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2378kJ (568Cal)	388kJ (93Cal)
Protein (g)	44.2g	7.2g
Fat, total (g)	13.9g	2.3g
- saturated (g)	4.7g	0.8g
Carbohydrate (g)	66.1g	10.8g
- sugars (g)	27.7g	4.5g
Sodium (mg)	1016mg	166mg

The quantities provided above are averages only.

Allergens

2023 | CW36

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





Roast the veggies

- Preheat oven to 240°C/220°C fan-forced. Cut **potato** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray, drizzle with olive oil and season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide between two trays.



Get prepped

- Meanwhile, finely chop garlic.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add pork loin steaks and turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of the chicken and slice through horizontally to make two thin steaks. Flavour chicken in the same way as above.



Make the crumb

- In a large frying pan, heat the **butter** with a drizzle of olive oil over medium-high heat. Cook panko breadcrumbs (see ingredients) and flaked almonds, stirring, until golden brown, 3 minutes.
- Add garlic and cook until fragrant, 1-2 minutes. Transfer to a second medium bowl and season to taste.



Cook the pork

- · When the veggies have 10 minutes remaining, wipe out the frying pan, then return to medium-high heat with a drizzle of olive oil. When oil is hot, cook **pork** until cooked through, 3-4 minutes each side.
- · Remove pan from heat, add the honey and turn pork to coat. Transfer to a plate, cover and rest for 5 minutes.

Custom Recipe: Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Remove pan from heat, add the honey and turn chicken to coat.



Bring it all together

• When the veggies are done, add baby spinach leaves and a drizzle of balsamic vinegar to the tray and gently toss to combine.



Serve up

- · Slice golden spiced pork.
- · Divide roast root veggie toss between bowls. Top with pork and chargrilled capsicum relish.
- Sprinkle over garlic almond crumb and tear over parsley leaves to serve. Enjoy!



Did we make your tastebuds happy? Let our culinary team know: hellofresh.co.nz/rate