



# Golden Spiced Pork & Garlic Almond Crumb

with Roast Root Veggie Toss & Capsicum Relish

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Carrot



Beetroot



Garlic



Aussie Spice Blend



Pork Loin Steaks



Panko Breadcrumbs



Flaked Almonds



Baby Spinach Leaves



Chargrilled Capsicum Relish



Parsley



Chicken Breast

Prep in: 20-30 mins  
Ready in: 30-40 mins

Calorie Smart

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.

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

### Pantry items

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

	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 capsicum relish	1 packet (50g)	1 packet (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

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

Visit [hellofresh.co.nz/foodinfo](https://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

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1



## 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.

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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!

## Rate your recipe

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