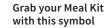


Middle Eastern Pork & Feta-Sumac Potatoes

with Roasted Eggplant, Tomato-Mint Salsa & Garlic Dip

TASTE TOURS









Seasoning



Garlic & Herb Seasoning



Chermoula Spice



Pork Loin Steaks





Cow's Milk Feta



Garlic Dip



Prep in: 30-40 mins Ready in: 40-50 mins

We could pretend the main attraction here is the tender roasted eggplant with refreshing mint, or the succulent spiced pork, but that'd be dishonest. If we're being real, the magic in this dish is the stunning sumac roasted potatoes delicately topped with a smattering of feta. It's crispy, filling, earthy and indulgent. We could go on and on, but we'll let you get on with the eating.

Pantry items

Olive Oil, White Wine Vinegar, Honey

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Turkish sumac seasoning	½ sachet	1 sachet
eggplant	1	2
garlic & herb seasoning	1 sachet	1 sachet
tomato	2	4
white wine vinegar*	drizzle	drizzle
chermoula spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
honey*	½ tbs	1 tbs
mint	1 bag	1 bag
cow's milk feta	½ packet	1 packet
garlic dip	1 medium packet	1 large packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665Cal)	433kJ (103Cal)
Protein (g)	49.5g	7.7g
Fat, total (g)	29.4g	4.6g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	48g	7.5g
- sugars (g)	20.9g	3.3g
Sodium (mg)	1702mg	265mg

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.



Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
 Cut potato into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Spread out evenly, then roast until tender,
 20-25 minutes.
- Remove from oven, sprinkle over Turkish sumac seasoning (see ingredients) and toss to combine.



Roast the eggplant

- Meanwhile, thinly slice eggplant into 1cm-thick round slices. Place on a second lined oven tray.
- Sprinkle with garlic & herb seasoning, drizzle with olive oil and season with salt and pepper.
 Toss to coat, then roast until golden and tender, 20-25 minutes.



Get prepped

- While the eggplant is roasting, roughly chop tomato.
- In a medium bowl, combine tomato and a drizzle of white wine vinegar and olive oil.
- In a second medium bowl, combine chermoula spice blend and a drizzle of olive oil. Add pork loin steaks and turn to coat.



Cook the pork

- Heat a large frying pan over medium-high heat with a drizzle of olive oil.
- When oil is hot, cook pork until cooked through,
 3-4 minutes each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, then drizzle over the honey.
 Cover and rest for 5 minutes.



Finish the salad

- Transfer roasted eggplant to a serving plate.
- Tear over mint leaves, then top with the tomato salsa.



Serve up

- Slice Middle Eastern pork steaks. Crumble feta (see ingredients) over sumac potatoes.
- Bring everything to the table to serve. Help yourself to some pork, feta-sumac potatoes, roasted eggplant and tomato-mint salsa.
- Serve with garlic dip. Enjoy!



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