



Middle Eastern Pork & Feta-Sumac Potatoes

with Roasted Eggplant, Tomato-Mint Salsa & Garlic Dip

TASTE TOURS

Grab your Meal Kit with this symbol



Potato



Eggplant



Tomato



Pork Loin Steaks



Cow's Milk Feta



Turkish Sumac Seasoning



Garlic & Herb Seasoning



Chermoula Spice Blend



Mint



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 · Large frying pan

Ingredients

	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.

1



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.

2



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**.

3



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.

4



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**.

5



Finish the salad

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

6



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!

We're here to help!

Scan here if you have any questions or concerns



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