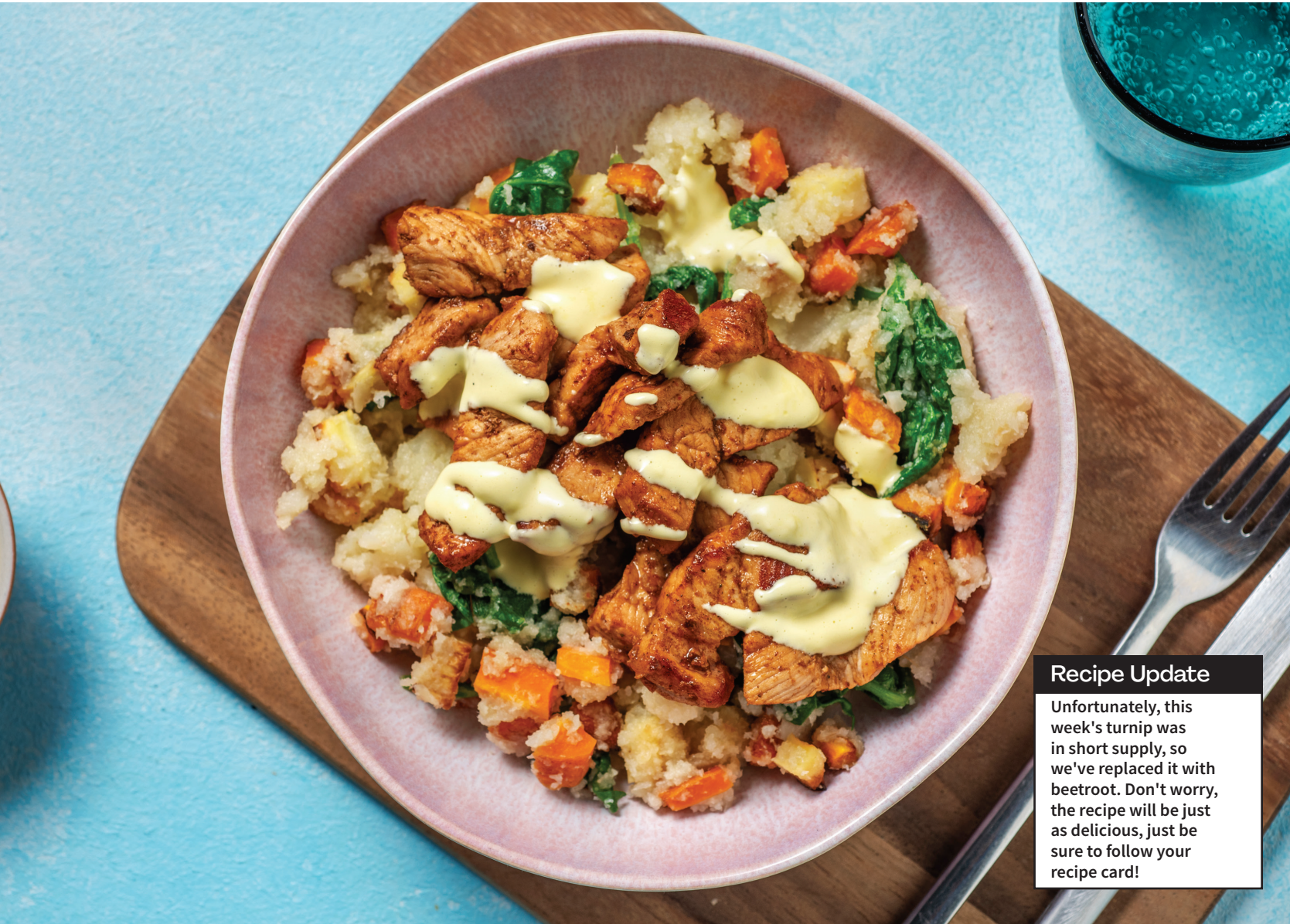


Comforting Pork & Garlic Cauliflower Rice

with Roasted Veggies & Dill-Parsley Mayonnaise

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Beetroot



Garlic



Pork Loin Steaks



Aussie Spice Blend



Cauliflower Rice



Baby Kale



Zesty Chilli Salt



Dill & Parsley Mayonnaise




Beef Rump

Recipe Update

Unfortunately, this week's turnip was in short supply, so we've replaced it with beetroot. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 35-45 mins

 Carb Smart

Our Aussie spice blend has done it again, a flavoursome dinner that will have everyone coming back for more. Coated on pork loin steaks then drizzled in a herby mayo that's been infused with garlic for extra bite. All on a roast veggie cauliflower rice, it's going to become another winning dinner.

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

Pantry items

Olive Oil

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 |
| beetroot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| pork loin steaks | 1 packet | 1 packet |
| Aussie spice blend | 1 sachet | 1 sachet |
| cauliflower rice | 1 packet (250g) | 1 packet (500g) |
| baby kale | 1 small bag | 1 medium bag |
| zesty chilli salt | ½ sachet | 1 sachet |
| dill & parsley mayonnaise | 1 packet (40g) | 1 packet (80g) |
| beef rump** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 1731kJ (414Cal) | 378kJ (90Cal) |
| Protein (g) | 40.4g | 8.8g |
| Fat, total (g) | 21.3g | 4.6g |
| - saturated (g) | 2.8g | 0.6g |
| Carbohydrate (g) | 13g | 2.8g |
| - sugars (g) | 8.5g | 1.9g |
| Sodium (mg) | 810mg | 177mg |
| Dietary Fibre (g) | 5.6g | 1.2g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|---------------|
| Energy (kJ) | 1848kJ (442Cal) | 403kJ (96Cal) |
| Protein (g) | 36.9g | 8g |
| Fat, total (g) | 26.3g | 5.7g |
| - saturated (g) | 5.9g | 1.3g |
| Carbohydrate (g) | 13g | 2.8g |
| - sugars (g) | 8.5g | 1.9g |
| Sodium (mg) | 810mg | 177mg |
| Dietary fibre | 5.6g | 1.2g |

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 | CW44



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Spread out evenly, then roast until tender, **25-30 minutes**.

4



Cook the pork

- Return the frying pan to high heat with a drizzle of **olive oil**. Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Heat the pan as above. When oil is hot, cook beef, turning, for 5-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest.

2



Get prepped

- Meanwhile, finely chop **garlic**. Slice **pork loin steaks** into 1cm strips.
- In a medium bowl, combine **pork**, **Aussie spice blend** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've upgraded to beef rump, place beef rump between two sheets of baking paper. Pound beef with a meat mallet or rolling pin until slightly flattened. Season beef as above.

5



Bring it all together

- When the **veggies** are done, transfer them to the bowl with **cauliflower rice**.
- Add **baby kale**, **zesty chilli salt** (see **ingredients**) and a drizzle of **olive oil**. Season to taste and stir to combine.

3



Cook the cauliflower rice

- When veggies have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **garlic**, until fragrant, **1 minute**.
- Add **cauliflower rice** and cook until softened, **2-4 minutes**. Season to taste. Transfer to a large bowl and cover to keep warm.

6



Serve up

- Divide cauliflower rice with roasted veggies between bowls. Top with spiced pork.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

Custom Recipe: Slice beef rump into strips.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate