

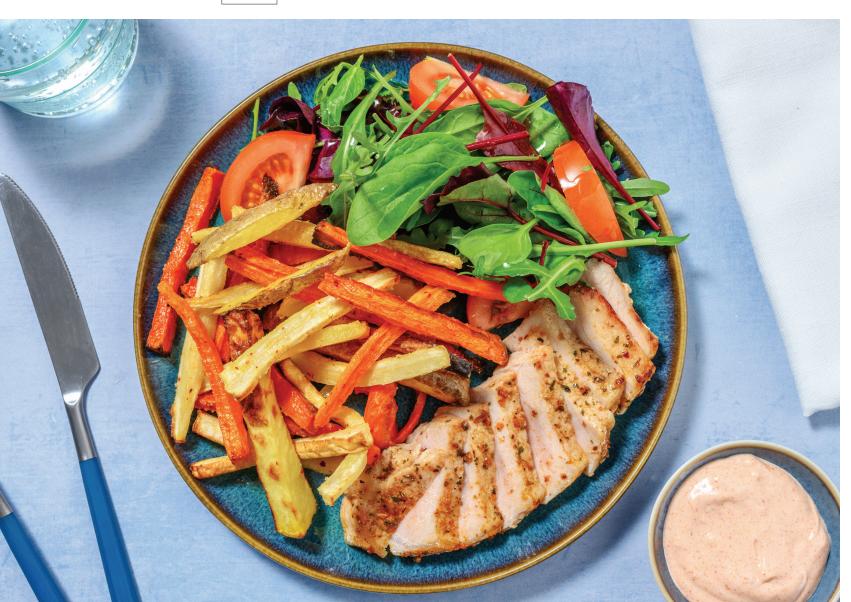
with Tomato Salad & Smokey Aioli

**NEW** 



Grab your Meal Kit with this symbol













Parsnip



Pork Loin

Tex-Mex Spice Blend



Mixed Salad



Leaves

Smokey Aioli



Prep in: 25-35 mins Ready in: 30-40 mins



Eat the sunset with these colourful veggie fries, baked to crisp perfection. Tex-Mex spices on a pork steak continue those rich colours and flavours, dig in and enjoy feeling as warm as a sunset!

**Pantry items** 

Olive Oil, Vinegar (White Wine or Balsamic)

### 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
parsnip	1	2
tomato	1	2
Tex-Mex spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
zesty chilli salt	½ sachet	1 sachet
smokey aioli	1 medium sachet	1 large sachet
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

# \*Pantry Items \*\*Custom Recipe Ingredient Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1908kJ (456Cal)	408kJ (98Cal)
Protein (g)	40.4g	8.6g
Fat, total (g)	19.4g	4.1g
- saturated (g)	2.6g	0.6g
Carbohydrate (g)	31.5g	6.7g
- sugars (g)	16.6g	3.5g
Sodium (mg)	762mg	163mg
Dietary Fibre (g)	7.5g	1.6g

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2605kJ (623Cal)	<b>421kJ</b> (101Cal)
Protein (g)	75.8g	12.3g
Fat, total (g)	22g	3.6g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	31.5g	5.1g
- sugars (g)	16.6g	2.7g
Sodium (mg)	836mg	135mg
Dietary Fibre	7.5g	1.2g

The quantities provided above are averages only.

### Allergens

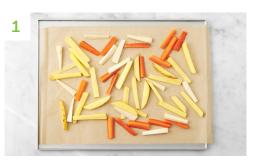
Always read product labels for the most up-to-date allergen information.

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

2024 | CW13



## Bake the veggie fries

- Preheat oven to 240°C/220°C fan-forced.
   Cut potato, carrot and parsnip into fries.
- Place veggies on a lined tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.



### Get prepped

- · Cut tomato into wedges.
- In a medium bowl, combine Tex-Mex spice blend, a pinch of salt and a drizzle of olive oil.
- Add pork loin steaks and turn to coat. Set aside.

**Custom Recipe:** If you've doubled your pork loin steaks, flavour in a large bowl.



### Cook the pork

- When the veggies have 10 minutes cook time remaining, 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, cover and rest for **5 minutes**.

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

**Custom Recipe:** Cook pork in batches for best results.



### Toss the salad

 Meanwhile, combine tomato, mixed salad leaves and a drizzle of vinegar and olive oil in a second medium bowl. Season.



### Bring it all together

 When veggie fries are done, sprinkle over a pinch of zesty chilli salt (see ingredients) and toss to combine.



### Serve up

- Slice Tex-Mex pork.
- Divide pork, zesty veggie fries and tomato salad between plates.
- Serve with smokey aioli. Enjoy!



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