



Tex-Mex Pork Steak & Zesty Veggie Fries

with Tomato Salad & Smokey Aioli

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Tomato



Tex-Mex Spice Blend



Pork Loin Steaks



Mixed Salad Leaves



Zesty Chilli Salt



Smokey Aioli



Pork Loin Steaks

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



Carb Smart

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!

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

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

	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)	421kJ (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 (g)	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



1



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**.

4



Toss the salad

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

2



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.

5



Bring it all together

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

3



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.

6



Serve up

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

Rate your recipe

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