



Herby Pork & Chermoula Roast Veggies

with Garlic Aioli

NEW

Grab your Meal Kit with this symbol



Potato



Parsnip



Onion



Chermoula Spice Blend



Peeled Pumpkin Pieces



Pork Loin Steaks



Garlic & Herb Seasoning



Baby Leaves



Garlic Aioli



Pork Loin Steaks

Prep in: 15-25 mins
Ready in: 35-45 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

Savour the irresistible aroma of tender garlicky pork, perfectly complemented by a medley of roasted vegetables bathed in vibrant chermoula spices. With each savoury bite, experience a symphony of flavours that will transport you to culinary bliss.

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

Pantry items

Olive Oil, White Wine Vinegar

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
parsnip	1	2
onion	½	1
chermoula spice blend	1 medium sachet	1 large sachet
peeled pumpkin pieces	1 small packet	1 medium packet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
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)	2241kJ (536Cal)	391kJ (93Cal)
Protein (g)	43.8g	7.6g
Fat, total (g)	20.7g	3.6g
- saturated (g)	2.7g	0.5g
Carbohydrate (g)	46.1g	8g
- sugars (g)	24.2g	4.2g
Sodium (mg)	1142mg	199mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2938kJ (702Cal)	406kJ (97Cal)
Protein (g)	79.3g	11g
Fat, total (g)	23.3g	3.2g
- saturated (g)	3.6g	0.5g
Carbohydrate (g)	46.1g	6.4g
- sugars (g)	24.2g	3.3g
Sodium (mg)	1215mg	168mg

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 | CW16



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **parsnip** into bite-sized chunks. Slice **onion** (see **ingredients**) into wedges.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat! Place **potato**, **parsnip** and **onion** on a lined oven tray. Sprinkle over **chermoula spice blend**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly and roast until tender, **20-25 minutes**.
- In the last **15 minutes** of cook time, add **peeled pumpkin pieces** to the tray and roast until tender.

3



Bring it all together

- When the veggies are done, remove tray from oven and add **baby leaves** and a drizzle of **white wine vinegar**.
- Toss to combine and season to taste.

2

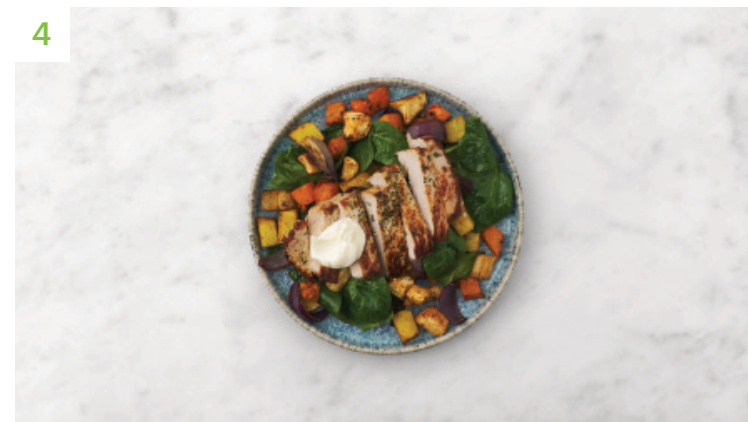


Cook the pork

- Meanwhile, in a medium bowl combine **garlic & herb seasoning** and a drizzle of **olive oil**, add **pork loin steaks** then turn to coat.
- When the veggies have **10 minutes** 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**.

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

4



Serve up

- Slice pork steaks.
- Divide chermoula roast veggies between plates. Top with garlicky pork.
- Serve with **garlic aioli**. Enjoy!

Rate your recipe

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