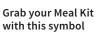


Herby Pork & Roast Veggie Toss with Chargrilled Capsicum Yoghurt

MEDITERRANEAN















Greek-Style Yoghurt

Chargrilled Capsicum



Pork Loin



Steaks

Herb & Mushroom Seasoning



Baby Leaves





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

Calorie Reduced* *Custom Recipe is not Calorie Reduced Allow us to take you on a culinary escapade and savour the flavours of the Mediterranean with this delectable dish. Juicy pork is perfectly cooked in our herby mushroom seasoning, with a drizzle of honey for a touch of sweetness. A medley of roasted veggies and a tangy sauce drizzled over the top complete this perfect meal!

Pantry items

Olive Oil, Honey, 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

9		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
tomato	1	2
onion	1/2	1
Greek-style yoghurt	1 medium packet	1 large packet
chargrilled capsicum relish	1 medium packet	1 large packet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
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)	1829kJ (437Cal)	314kJ (75Cal)
Protein (g)	43.6g	7.5g
Fat, total (g)	9.7g	1.7g
- saturated (g)	2.1g	0.4g
Carbohydrate (g)	43.9g	7.5g
- sugars (g)	19.7g	3.4g
Sodium (mg)	1000mg	172mg
Dietary Fibre (g)	12.7g	2.2g
Custom Recipe		

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	2527kJ (603Cal)	345kJ (82Cal)
Protein (g)	79.1g	10.8g
Fat, total (g)	12.2g	1.7g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	43.9g	6g
- sugars (g)	19.7g	2.7g
Sodium (mg)	1073mg	146mg
Dietary fibre	12.7g	1.7g

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





Prep the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and potato into bite-sized chunks.
 Cut tomato and onion (see ingredients) into wedges.



Roast the veggies

- Place veggies on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- · Roast until tender, 20-25 minutes.



Get prepped

- Meanwhile, combine, Greek-style yoghurt and chargrilled capsicum relish in a small bowl.
 Season to taste and set aside.
- In a medium bowl, combine pork loin steaks, herb & mushroom seasoning and a drizzle of olive oil.

Custom Recipe: If you've doubled your pork loin steaks, flavour in a large bowl and cook in batches for best results.



Cook the pork

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. When oil is hot, add pork loin steaks and cook until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add the honey and gently turn to coat. 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!



Bring it all together

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



Serve up

- Slice pork.
- Divide roast veggie toss between bowls. Top with herby pork.
- Top with chargrilled capsicum yoghurt. Enjoy!

