



# Herby Pork & Roast Veggie Toss

with Chargrilled Capsicum Yoghurt

MEDITERRANEAN

NEW

Grab your Meal Kit with this symbol



Carrot



Potato



Tomato



Onion



Greek-Style Yoghurt



Chargrilled Capsicum Relish



Pork Loin Steaks



Herb & Mushroom Seasoning



Baby Leaves



Pork Loin Steaks

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!

**CUSTOM RECIPE**

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
potato	1	2
tomato	1	2
onion	½	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
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
<b>white wine vinegar*</b>	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

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](https://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 | CW19



## 1 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.



## 2 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**.



## 3 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.



## 4 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!



## 5 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.



## 6 Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)