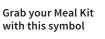


# Herby Pork & Roast Veggie Toss with Chargrilled Capsicum Yoghurt

MEDITERRANEAN















Greek-Style Yoghurt

Chargrilled Capsicum



Pork Loin



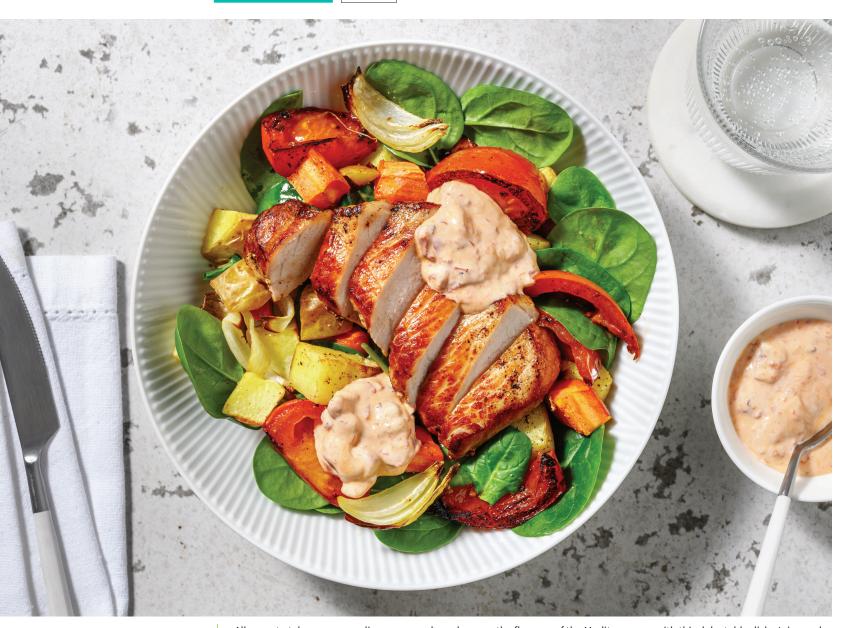
Steaks

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

<sup>\*</sup>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)	<b>345kJ</b> (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!

