



# Herby Pork Steak & Winter Veggie Toss

with Dill-Parsley Mayo

KID FRIENDLY

Grab your meal kit with this number

2



Potato



Carrot



Beetroot



Onion



Garlic & Herb Seasoning



Herb & Mushroom Seasoning



Pork Loin Steaks



Baby Leaves



Dill & Parsley Mayonnaise



Chicken Breast



Pork Loin Steak

Prep in: 20-30 mins  
Ready in: 30-40 mins

Gather around and cosy up because dinner will warm your stomach and heart. It's pork with herbs and a colourful veggie toss, peppered with almonds. It's like eating a warm hug!

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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
potato	2	4
carrot	1	2
beetroot	1	2
onion	½	1
garlic & herb seasoning	1 medium sachet	1 large sachet
herb & mushroom seasoning	1 medium sachet	2 medium sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
<b>butter*</b>	20g	40g
<b>honey*</b>	1 tsp	2 tsp
baby leaves	1 small packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2915kJ (697Cal)	421kJ (101Cal)
Protein (g)	45.1g	6.5g
Fat, total (g)	29.6g	4.3g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	65.4g	9.5g
- sugars (g)	38.2g	5.5g
Sodium (mg)	1166mg	169mg
Dietary Fibre (g)	10.3g	1.5g

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.



## Get prepped

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



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side.
- Remove pan from heat, then add the **butter** and **honey** and turn **pork** to coat.

**TIP:** Cook the pork in batches if your pan is getting crowded.



## Roast the veggies

- Place **potato**, **carrot**, **onion** and **beetroot** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

**Little cooks:** Kids can help sprinkle over the seasoning and tossing the veggies!



## Bring it all together

- When the roasted veggies are done, remove tray from oven, add **baby leaves** and a drizzle of **balsamic vinegar**. Toss to coat.



## Flavour the pork

- Meanwhile, combine **herb & mushroom seasoning**, a pinch of **salt** and a drizzle of **olive oil** in a medium bowl.
- Add **pork loin steaks** and turn to coat. Set aside.



## Serve up

- Slice herby pork.
- Divide pork and winter veggie toss between plates.
- Top with **dill & parsley mayonnaise** to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



#### DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

