



Seared Pork Loin & Mumbai Coconut Sauce

with Roast Veggie Toss & Toasted Almonds

NEW

Grab your meal kit with this number

33



Potato



Carrot



Parsnip



Mild North Indian Spice Blend



Flaked Almonds



Pork Loin Steaks



Mumbai Spice Blend



Coconut Milk



Baby Leaves



Chicken Breast



Pork Loin Steak

Prep in: 25-35 mins
Ready in: 30-40 mins

Protein Rich

Carb Smart

We just can't get enough of this tender pork loin and creamy coconut sauce combo, so we thought we'd spread the love and share it with you too! The sauce is made all the more special with warm Mumbai spices, offering exceptional colour and depth of flavour. Pair it with a wholesome roast veggie toss for a truly lip-smacking dinner.

Pantry items

Olive Oil, White Wine 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
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
parsnip	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
flaked almonds	1 packet	2 packets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
Mumbai spice blend	1 sachet	2 sachets
coconut milk	1 medium packet	2 medium packets
baby leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1716kJ (410cal)	167kJ (40cal)
Protein (g)	42.7g	4.2g
Fat, total (g)	26.4g	2.6g
- saturated (g)	16.1g	1.6g
Carbohydrate (g)	30.8g	3g
- sugars (g)	15.5g	1.5g
Sodium (mg)	944mg	91.8mg
Dietary Fibre (g)	7.9g	0.8g

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 | CW34



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **parsnip** into bite-sized chunks. Place **veggies** on lined oven tray.
- Drizzle with **olive oil**, sprinkle over **mild North Indian spice blend**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.
- In the last **5 minutes** of roast time, add **flaked almonds** to one side of the tray and roast until golden.

TIP: If your oven tray is crowded, divide veggies between two trays.



Make the Mumbai coconut sauce

- Wipe out and return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **Mumbai spice blend** until fragrant, **1 minute**.
- Reduce heat to low. Add **coconut milk** and a splash of **water** and simmer, stirring, until thickened slightly, **1-2 minutes**.
- Season generously with **salt** and **pepper**, then stir through any **pork resting juices**.



Get prepped

- Meanwhile, season **pork loin steaks** on both sides with **salt** and **pepper**.



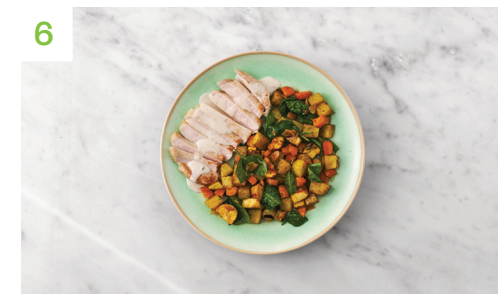
Bring it all together

- Add **baby leaves** and a drizzle of **white wine vinegar** to tray with roast veggies and toasted almonds.
- Season and toss to combine.



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).
- Transfer to a plate, cover and rest for **5 minutes**.



Serve up

- Slice pork loin steaks.
- Divide roast veggie toss and seared pork loin between plates.
- Spoon Mumbai coconut sauce over pork to serve. Enjoy!

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.

