



Easy Seared Pork Steak & Herby Mayo

with Roast Beetroot & Apple Veggie Toss

NEW

Grab your meal kit with this number

26



Potato



Parsnip



Apple



Lemon



Nan's Special Seasoning



Pork Loin Steaks



Diced Beetroot



Flaked Almonds



Baby Leaves



Dill & Parsley Mayonnaise



Pork Loin Steak



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins

Protein Rich

Carb Smart

Gather around and cosy up because this dinner will warm your stomach and your heart! It's pork, flavoured and seared to perfection, with a colourful veggie toss. It's like eating a warm hug!

Pantry items

Olive Oil, Honey

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	2	4
parsnip	1	2
apple	1	2
lemon	½	1
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
diced beetroot	1 medium packet	1 large packet
flaked almonds	1 packet	2 packets
honey*	1 tsp	2 tsp
baby leaves	1 medium packet	1 large packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2316kJ (554cal)	234kJ (56cal)
Protein (g)	43.4g	4.4g
Fat, total (g)	24.5g	2.5g
- saturated (g)	3g	0.3g
Carbohydrate (g)	36.3g	3.7g
- sugars (g)	13.6g	1.4g
Sodium (mg)	749mg	75.7mg
Dietary Fibre (g)	9.8g	1g

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

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Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **parsnip** into bite-size chunks.
- Slice **apple** and **lemon** into wedges.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **pork loin steaks** and toss to combine.



Cook the pork & toss the veggies

- When veggies have **10 minutes** remaining, return frying pan to medium-high heat with a drizzle of **olive oil**. 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 turn to coat.
- Transfer to a plate, cover and rest for **5 minutes**.
- When roast veggies have cooled a little, add **baby leaves**, a generous squeeze of **lemon juice** and a pinch of **salt** to oven tray and gently toss to combine.

CUSTOM OPTIONS



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



SWAP TO CHICKEN BREAST

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



Roast the veggies

- Place **potato**, **parsnip**, **apple** and **diced beetroot** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



Serve up

- Slice pork steak.
- Divide roast beetroot and apple veggie toss between plates.
- Top with seared pork steak.
- Sprinkle over flaked almonds.
- Serve with a dollop of **dill & parsley mayonnaise** and remaining lemon wedges. Enjoy!

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

