



Spiced Pork & Garlicky Asparagus Salad

with Roasted Potatoes & Creamy Pesto Dressing

SEASONAL HERO

NEW

KID FRIENDLY

Grab your meal kit with this number

33



Potato



Asparagus



Garlic



Flaked Almonds



Classic Roast Seasoning



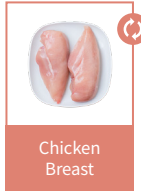
Pork Loin Steaks



Mixed Salad Leaves



Creamy Pesto Dressing



Chicken Breast



Pork Loin Steak

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

Protein Rich

Calorie Smart

Tonight's tender pork loin is calling our name - lightly spiced, juicy and steaming hot, we can't resist! Simple sides are the best accompaniments, like golden, roasted chunks of potato and some garlicky greens. Alright, we're done explaining, you can dive in now!

Pantry items

Olive Oil, 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
olive oil*	refer to method	refer to method
potato	2	4
asparagus	1 bunch	2 bunches
garlic	2 cloves	4 cloves
flaked almonds	1 packet	2 packets
classic roast seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
honey*	1 tsp	2 tsp
mixed salad leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2195kJ (525cal)	237kJ (57cal)
Protein (g)	47.6g	5.1g
Fat, total (g)	17.5g	1.9g
- saturated (g)	2.1g	0.2g
Carbohydrate (g)	42.1g	4.6g
- sugars (g)	21.9g	2.4g
Sodium (mg)	738mg	79.8mg
Dietary Fibre (g)	7.4g	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.



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** 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, trim and halve **asparagus**.
- Finely chop **garlic**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a plate.



Cook the pork

- In a medium bowl, combine **classic roast seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, season with **pepper** and toss to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, then add the **honey** and toss to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

TIP: Cooking the meat in batches over high heat helps it stay tender.



Cook the asparagus

- Wipe out frying pan, then return to medium-high heat with drizzle of **olive oil**. Cook **asparagus**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Transfer to a second medium bowl.



Make the salad

- To the bowl with asparagus, add **mixed salad leaves** and a drizzle of **balsamic vinegar** and **olive oil**. Season to taste and toss to combine.



Serve up

- Slice pork steak.
- Divide spiced pork, roasted potatoes and garlicky asparagus salad between plates.
- Top pork with **creamy pesto dressing**.
- Garnish with flaked almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW48



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.

