

Lemon-Pepper Pork & Capsicum Mayo

with Garlicky Roast Potato Toss & Chilli Flakes

MEDITERRANEAN

NEW

Grab your meal kit with this number

35



Potato



Carrot



Garlic & Herb Seasoning



Lemon



Mayonnaise



Chargrilled Capsicum Relish



Pork Loin Steaks



Lemon Pepper Spice Blend



Baby Leaves



Chilli Flakes (Optional)



Chicken Breast



Grated Parmesan Cheese

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

Protein Rich

Calorie Smart

Turn up the flavour with tonight's tantalising pork dish, served with a smokey chargrilled capsicum mayo that brings a burst of sunny zest to every bite. Paired with garlicky roasted potatoes for a hearty twist and a sprinkle of chilli flakes for just the right kick, this dish is a fun, bold blend of spice, crunch and creamy goodness.

Pantry items

Olive Oil

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
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
lemon	½	1
mayonnaise	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
lemon pepper spice blend	1 medium sachet	1 large sachet
baby leaves	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2131kJ (380cal)	380kJ (68cal)
Protein (g)	43.1g	7.7g
Fat, total (g)	14.8g	2.6g
- saturated (g)	2.6g	0.5g
Carbohydrate (g)	48.8g	8.7g
- sugars (g)	10g	1.8g
Sodium (mg)	1283mg	228.7mg
Dietary Fibre (g)	9g	1.6g

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.

1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks.
- Place **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

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

3



Cook the pork & bring it all together

- When the veggies have **10 minutes** remaining, heat a large frying pan over 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).
- Transfer to a plate, cover and rest for **5 minutes**.
- Once veggies are done, add **baby leaves** to the tray, along with a squeeze of **lemon juice**. Toss to combine.

2



Get prepped

- Meanwhile, slice **lemon** into wedges.
- In a small bowl, combine **mayonnaise** and **chargrilled capsicum relish**.
- In a medium bowl, combine **pork loin steaks**, **lemon pepper spice blend**, a pinch of **salt** and a drizzle of **olive oil**.

4



Serve up

- Slice pork.
- Divide garlicky roast potato and veggie toss between bowls.
- Top with lemon-pepper pork and capsicum mayo.
- Garnish with a pinch of **chilli flakes** (if using) to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

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



ADD GRATED PARMESAN CHEESE

Sprinkle over veggies in the last 5 minutes of cook time. Roast until melted and golden.

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

