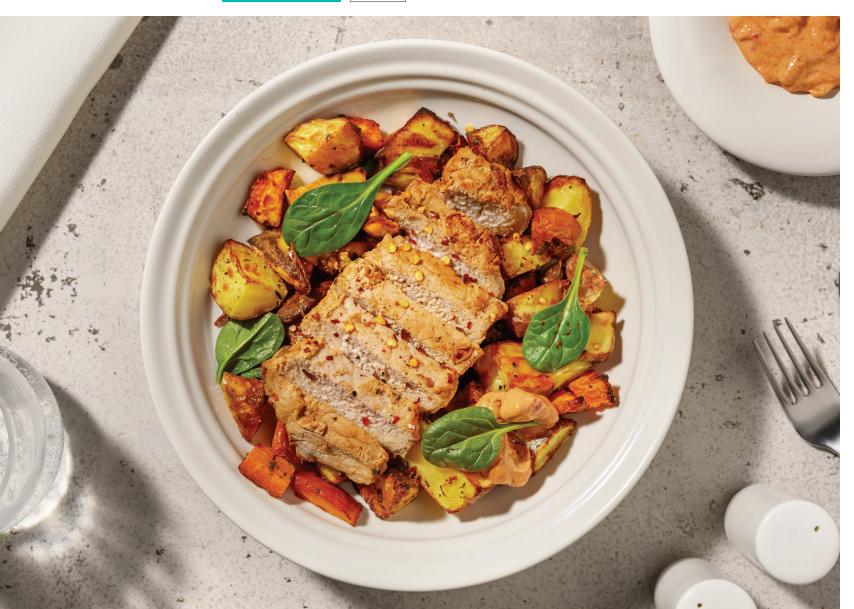


Lemon-Pepper Pork & Capsicum Mayo with Garlicky Roast Potato Toss & Chilli Flakes

MEDITERRANEAN

NEW



Grab your meal kit with this number









Garlic & Herb



Seasoning



Lemon





Mayonnaise

Chargrilled Capsicum



Pork Loin



Steaks

Lemon Pepper Spice Blend





Baby Leaves

Chilli Flakes (Optional)







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

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

3			
	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	1/2	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.



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.



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.



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.



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!





