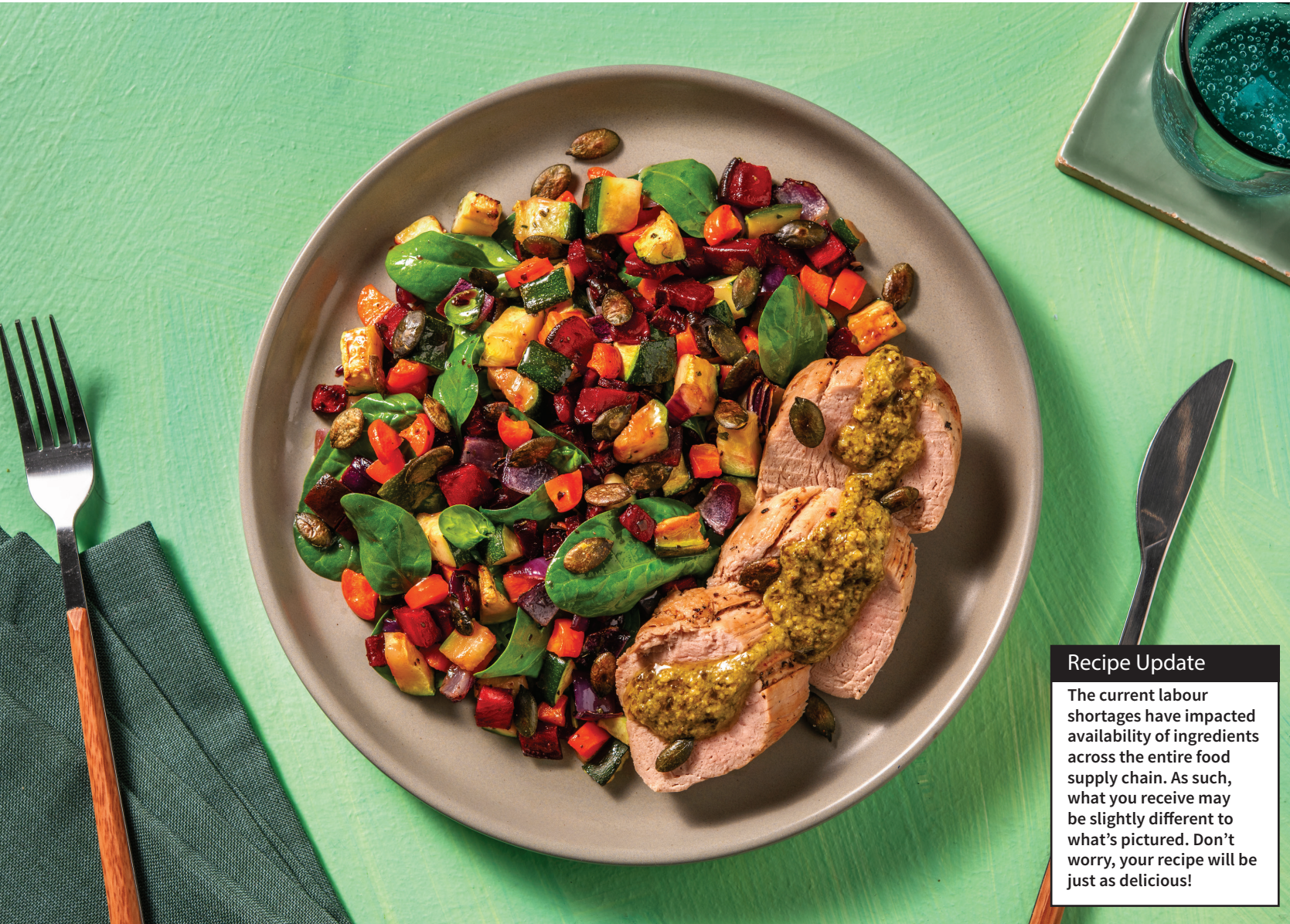


Basil Pesto Pork Loin

with Roast Veggie Toss & Pumpkin Seeds

Grab your Meal Kit with this symbol



Onion



Carrot



Beetroot



Leek



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Pork Loin Steaks



Pumpkin Seeds (Pepitas)



Salad Leaves



Basil Pesto

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

7 Hands-on: 15-25 mins
Ready in: 35-45 mins

a Carb Smart

It's easy to eat the rainbow when you roast veggies with our tasty and addictive garlic and herb seasoning. Then, for an extra burst of flavour, top succulent pork loin with our herby basil pesto. It's a nutritionally balanced meal with all the good stuff!

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
onion	1 (medium)	1 (large)
carrot	1	2
beetroot	1	2
leek	1	2
garlic & herb seasoning	1 sachet	1 sachet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
pork loin steaks	1 packet	1 packet
pumpkin seeds (pepitas)	1 packet	1 packet
salad leaves	1 medium bag	1 large bag
balsamic vinegar*	drizzle	drizzle
basil pesto	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2119kJ (506Cal)	395kJ (94Cal)
Protein (g)	46.3g	8.6g
Fat, total (g)	24.5g	4.6g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	24.4g	4.6g
- sugars (g)	15.4g	2.9g
Sodium (mg)	1198mg	224mg
Dietary Fibre (g)	8.8g	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 **220°C/200°C fan-forced**. Cut **onion** and **carrot** into bite-sized chunks. Cut **beetroot** into small chunks. Thickly slice **leek**.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



Toast the pumpkin seeds

- While the pork is resting, wipe out the frying pan.
- Return pan to medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**.



Cook the pork

- When the veggies have **15 minutes** cook time remaining, combine **chicken-style stock powder** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks** and turn to coat.
- 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**.



Serve up

- Add **salad leaves** and a drizzle of **balsamic vinegar** to the roasted veggies. Gently toss to combine. Season to taste.
- Slice pork loin. Divide roast veggie toss and pork between plates.
- Top pork with **basil pesto**. Garnish with toasted pumpkin seeds to serve.

Enjoy!