



# Herby Pork Steak & Winter Veggie Toss

with Almonds & Dill-Parsley Mayo

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Beetroot



Garlic & Herb Seasoning



Baby Spinach Leaves



Roasted Almonds



Pork Loin Steaks



Herb & Mushroom Seasoning



Dill & Parsley Mayonnaise



Chicken Breast

### Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Eat Me Early\*  
\*Custom Recipe only

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

## Before you start

Wash your hands and any fresh food

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        |
|---------------------------|-----------------|-----------------|
| <b>olive oil*</b>         | refer to method | refer to method |
| potato                    | 2               | 4               |
| carrot                    | 1               | 2               |
| onion                     | 1 (medium)      | 1 (large)       |
| beetroot                  | 1               | 2               |
| garlic & herb seasoning   | 1 sachet        | 1 sachet        |
| baby spinach leaves       | 1 medium bag    | 1 large bag     |
| roasted almonds           | 1 packet        | 2 packets       |
| herb & mushroom seasoning | 1 sachet        | 2 sachets       |
| pork loin steaks          | 1 packet        | 1 packet        |
| <b>butter*</b>            | 20g             | 40g             |
| <b>honey*</b>             | 1 tsp           | 2 tsp           |
| <b>balsamic vinegar*</b>  | drizzle         | drizzle         |
| dill & parsley mayonnaise | 1 medium packet | 1 large packet  |
| chicken breast**          | 1 packet        | 1 packet        |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3248kJ (776Cal) | 469kJ (112Cal) |
| Protein (g)      | 48.3g           | 7g             |
| Fat, total (g)   | 36.8g           | 5.3g           |
| - saturated (g)  | 8.8g            | 1.3g           |
| Carbohydrate (g) | 62.3g           | 9g             |
| - sugars (g)     | 31.2g           | 4.5g           |
| Sodium (mg)      | 1247mg          | 180mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3309kJ (791Cal) | 472kJ (113Cal) |
| Protein (g)      | 45.3g           | 6.5g           |
| Fat, total (g)   | 40g             | 5.7g           |
| - saturated (g)  | 9.6g            | 1.4g           |
| Carbohydrate (g) | 62.3g           | 8.9g           |
| - sugars (g)     | 31.2g           | 4.4g           |
| Sodium (mg)      | 1272mg          | 181mg          |

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](https://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

2023 | CW17



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** and **carrot** into bite-sized chunks. Slice **onion** into wedges. Cut **beetroot** into small chunks.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 **butter** and **honey** and turn **pork** to coat.

**Custom Recipe:** Heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Continue with step.



## Roast the veggies

- Place **potato**, **carrot**, **onion** and **beetroot** on a lined oven tray. Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.



## Bring it all together

- When the roasted veggies are done, combine **roasted veggies**, **baby spinach leaves** and a drizzle of **balsamic vinegar** in a large bowl. Toss to coat.

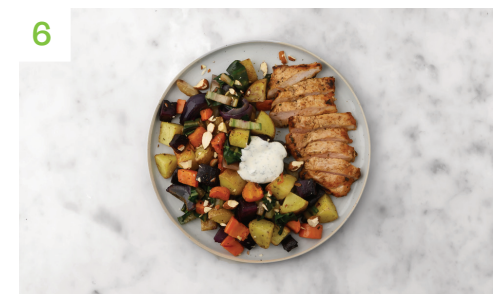
**TIP:** Combine everything on the oven tray to save on washing dishes!



## Flavour the pork

- Meanwhile, roughly chop **roasted almonds**.
- In a medium bowl, combine **herb & mushroom seasoning**, a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat. Set aside.

**Custom Recipe:** If you swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour chicken as above.



## Serve up

- Slice herby pork.
- Divide pork and winter veggie toss between plates.
- Garnish with almonds. Top with **dill & parsley mayonnaise** to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)