



# Lemon Pepper Pork & Roast Veggie Toss

with Garlic Aioli

Grab your Meal Kit with this symbol



Garlic



Potato



Parsnip



Red Onion



Peeled & Chopped Pumpkin



Lemon Pepper Spice Blend



Pork Loin Steaks



Flaked Almonds



Baby Spinach Leaves



Balsamic Vinaigrette Dressing



Garlic Aioli

Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

It's meat and three veg, but not as you know it. Reinvent this everyday meal by simply tossing the roasted veggies with baby spinach and topping your lemon pepper pork with a drizzle of balsamic vinaigrette dressing. And there you have it folks, meat and three veg that will not disappoint!

### Pantry items

Olive Oil

## 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
garlic	2 cloves	4 cloves
potato	2	4
parsnip	1	2
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
lemon pepper spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic vinaigrette dressing	1 packet (25ml)	2 packets (50ml)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2390kJ (570Cal)	394kJ (94Cal)
Protein (g)	46.7g	7.7g
Fat, total (g)	18.8g	3.1g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	49.1g	8.1g
- sugars (g)	16.2g	2.7g
Sodium (g)	482mg	79mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **potato** (unpeeled) into 1cm chunks. Cut the **parsnip** into 1cm chunks. Slice the **red onion** into 2cm wedges.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



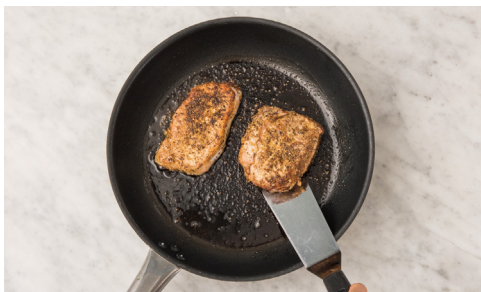
## 2. Roast the veggies

Place the **garlic, potato, parsnip, peeled & chopped pumpkin** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **25-30 minutes**.



## 3. Flavour the pork

While the veggies are roasting, combine the **lemon pepper spice blend** and a **little drizzle of olive oil** in a medium bowl. Season with **pepper** and add the **pork loin steaks**. Toss to coat and set aside. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl.



## 4. Cook the pork

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**.

**TIP:** You can serve pork slightly blushing pink in the centre.



## 5. Make the roast veggie toss

In a large bowl, combine the roasted **veggies**, **baby spinach leaves** and **balsamic vinaigrette dressing**. Season to taste with **salt** and **pepper** and gently toss to combine.



## 6. Serve up

Thickly slice the pork steaks. Divide the roast veggie toss and lemon pepper pork between plates. Sprinkle with the toasted almonds and serve with the **garlic aioli**.

**Enjoy!**