



Middle Eastern Pork & Sumac Potatoes

with Eggplant, Tomato-Mint Salad & Garlic Dip

Grab your Meal Kit with this symbol



Potato



Turkish Sumac Seasoning



Eggplant



Garlic & Herb Seasoning



Tomato



Mint



Pork Loin Steaks



Chermoula Spice Blend



Greek Salad Cheese/
Feta Cheese



Garlic Dip

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

We could pretend the main attraction here is the tender roasted eggplant with refreshing mint, or the succulent spiced pork, but that'd be dishonest. If we're being real, the magic in this dish is the stunning sumac roasted potatoes delicately topped with a smattering of crumbly cheese. It's crispy, filling, earthy and indulgent. We could go on and on, but we'll let you get on with the eating. Bon appetite!

Pantry items

Olive Oil, White Wine Vinegar, Honey

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
Turkish sumac seasoning	½ sachet	1 sachet
eggplant	1	2
garlic & herb seasoning	1 sachet	1 sachet
tomato	2	4
mint	1 bag	1 bag
pork loin steaks	1 packet	1 packet
chermoula spice blend	1 sachet	1 sachet
white wine vinegar*	drizzle	drizzle
honey*	½ tbs	1 tbs
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2749kJ (657Cal)	450kJ (107Cal)
Protein (g)	48.7g	8g
Fat, total (g)	29.2g	4.8g
- saturated (g)	8.1g	1.3g
Carbohydrate (g)	48g	7.9g
- sugars (g)	20.9g	3.4g
Sodium (mg)	1346mg	220mg

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 potatoes

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**. Remove from the oven and sprinkle over the **Turkish sumac seasoning** (see ingredients) and toss to combine.



Roast the eggplant

While the potatoes are roasting, thinly slice the **eggplant** into 1cm round slices. Place on a second lined oven tray with the **garlic & herb seasoning**, drizzle with **olive oil** (1/4 cup for 2P // 1/2 cup for 4P) and a pinch of **salt** and **pepper**. Roast in the oven until golden and tender, **15-20 minutes**.



Get prepped

While the eggplant is roasting, roughly chop the **tomato**. Pick and finely slice the **mint** leaves. In a medium bowl, combine the **tomato**, a drizzle of **white wine vinegar** and **olive oil**. In a medium bowl, combine the **pork loin steaks**, **chermoula spice blend** and a drizzle of **olive oil**.



Cook the pork

When the potatoes have **10 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate, drizzle over the **honey**, then cover and rest for **5 minutes**.



Finish the salad

Transfer the **eggplant** to a serving plate and sprinkle over the **mint**. Top with the **tomato salad**.



Serve up

Slice the Middle Eastern pork steak. Top the potatoes with the crumbled **cheese**. Bring everything to the table to serve. Help yourself to the pork, goat cheese sumac potatoes, eggplant and tomato mint salad. Serve with the **garlic dip**.

Enjoy!