



Seared Pork Loin & Mumbai Coconut Sauce

with Roast Cauliflower Toss & Toasted Almonds

Grab your Meal Kit with this symbol



Cauliflower



Carrot



Courgette



Flaked Almonds



Pork Loin Steaks



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves

Hands-on: **15-25 mins**
Ready in: **30-40 mins**

Carb Smart

We've turbo-charged pork night with some unexpected, yet delightful additions! You'll find a too-good-to-be-true creamy coconut sauce infused with Mumbai-style spices, an assortment of nutritious, low-carb roasted veggies and a handful of toasted almonds to sprinkle all over. With immaculate combos like these, it's nothing but happy days ahead!

Pantry items

Olive Oil, White Wine 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
cauliflower	1 portion (200g)	1 portion (400g)
carrot	2	4
courgette	1	2
flaked almonds	1 packet	2 packets
pork loin steaks	1 packet	1 packet
Mumbai spice blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
coconut milk	1 tin (200ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2140kJ (511Cal)	318kJ (76Cal)
Protein (g)	44g	6.5g
Fat, total (g)	23.9g	3.5g
- saturated (g)	18g	2.7g
Carbohydrate (g)	28.1g	4.2g
- sugars (g)	16.4g	2.4g
Sodium (mg)	719mg	107mg
Dietary Fibre	17.7g	2.8g

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.



Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **cauliflower** into small florets. Slice the **carrot** and **courgette** into rounds.



Roast the veggies

Place the **veggies** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Toast the **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl and set aside.



Cook the pork steaks

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, cook the **pork loin steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest.



Make the coconut sauce

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **Mumbai spice blend** and the **salt**, stirring, until fragrant, **1 minute**. Reduce the heat to low. Stir through the **coconut milk** and simmer until thickened slightly, **1-2 minutes**. Season with **pepper**, then stir through any **pork resting juices**. Set aside. When the veggies are done, add the **baby spinach leaves** and a drizzle of **white wine vinegar** to the tray and toss to combine.



Serve up

Slice the seared pork. Divide the roast cauliflower toss between plates and top with the pork. Pour over the Mumbai coconut sauce and garnish with the toasted almonds to serve.

Enjoy!