



Seared Pork & Roast Veggie Salad

with Peppercorn Gravy & Almonds

Grab your Meal Kit with this symbol



Beetroot



Potato



Zucchini



Brown Onion



Nan's Special Seasoning



Black Peppercorns



Garlic



Pork Loin Steaks



Gravy Granules



Baby Spinach Leaves



Flaked Almonds



Plant-Based Crumbed Chicken

Prep in: 20-30 mins
Ready in: 35-45 mins



Carb Smart*

*Custom recipe is not Carb Smart

If you want a weeknight dinner that feels different to your usual pork in the pan, this is it! The roasted veggie salad is the perfect accompaniment to the seared pork steaks. This meal will leave you feeling satisfied without the side of guilt.

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

Pantry items

Olive Oil, White Wine 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
olive oil*	refer to method	refer to method
beetroot	1	2
potato	1	2
zucchini	1	2
brown onion	1	2
Nan's special seasoning	1 medium sachet	1 large sachet
black peppercorns	½ medium sachet	1 medium sachet
garlic	1 clove	2 cloves
pork loin steaks	1 small packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	½ cup	1 cup
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2060kJ (492Cal)	342kJ (82Cal)
Protein (g)	37.9g	6.3g
Fat, total (g)	21.7g	3.6g
- saturated (g)	6.1g	1g
Carbohydrate (g)	35.6g	5.9g
- sugars (g)	20.7g	3.4g
Sodium (mg)	1264mg	210mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2407kJ (575Cal)	428kJ (102Cal)
Protein (g)	25g	4.4g
Fat, total (g)	28g	5g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	53.7g	9.6g
- sugars (g)	21.3g	3.8g
Sodium (mg)	1596mg	284mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.com.au/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



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **potato** and **zucchini** into bite-sized chunks. Slice **brown onion** into thick wedges.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **Nan's special seasoning** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the gravy

- Meanwhile, boil the kettle.
- In a medium heatproof bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**. Set aside.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** and crushed **peppercorns**, stirring, until fragrant, **1 minute**.
- Transfer **garlic-peppercorn mixture** to the bowl with the **gravy**. Add any **pork resting juices**, stirring until combined.



Get prepped

- Meanwhile, crush **black peppercorns** (see **ingredients**) using a mortar and pestle or in their sachet using a rolling pin.
- Finely chop **garlic**.



Toss the veggies

- To the roast veggie tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Gently toss to combine.



Cook the pork

- When the veggies have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork loin steaks** until cooked through, **3-4 minutes** each side.
- Transfer to a plate. Cover and set aside to rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: If you've swapped to plant-based crumbed chicken, in a large frying pan, heat enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Serve up

- Slice seared pork.
- Divide roast veggie toss and pork between plates.
- Spoon over peppercorn gravy.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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