



Aussie-Spiced Pork & Roast Veggie Toss

with Garlic Yoghurt & Pine Nuts

DIETITIAN APPROVED*

Grab your Meal Kit with this symbol



Carrot



Brown Onion



Tomato



Beetroot



Kale



Garlic



Greek-Style Yoghurt



Aussie Spice Blend



Pork Loin Steaks



Pine Nuts



Plant-Based Crumbed Chicken

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

**Custom Recipe is not Dietitian Approved or Carb Smart*

Carb Smart*

They say to eat the rainbow, so we've created this colourful plate full of veggie goodness. Top with Aussie-spiced pork, plus a mix of creamy and crunchy toppings for a meal that keeps the carbs down, and the flavour up!

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
carrot	1	2
brown onion	1	2
tomato	1	2
beetroot	1	2
kale	1 medium bag	1 large bag
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
white wine vinegar*	drizzle	drizzle
pine nuts	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)	1998kJ (478Cal)	350kJ (84Cal)
Protein (g)	36g	6.3g
Fat, total (g)	24.8g	4.3g
- saturated (g)	7.2g	1.3g
Carbohydrate (g)	27.5g	4.8g
- sugars (g)	24.4g	4.3g
Sodium (mg)	1038mg	182mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2345kJ (560Cal)	441kJ (105Cal)
Protein (g)	23g	4.3g
Fat, total (g)	31.1g	5.9g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	45.5g	8.6g
- sugars (g)	24.9g	4.7g
Sodium (mg)	1369mg	258mg

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**.
- Thinly slice **carrot** into rounds. Cut **brown onion** and **tomato** into thick wedges. Cut **beetroot** into small chunks. Roughly tear **kale leaves**, then discard the stems. Set **kale** aside.
- Place **carrot, onion, tomato** and **beetroot** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until almost tender, **15-18 minutes**.
- Remove veggies from oven. Add **kale** and a pinch of **salt** to the tray. Gently toss to combine. Return to oven to roast until tender, a further **5-8 minutes**.



Cook the pork

- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.
- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Set aside on a plate and cover with foil to rest for **5 minutes**.

Custom Recipe: If you've swapped to plant-based crumbed chicken, heat a large frying pan as above. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



Prep the garlic yoghurt

- Meanwhile, finely chop **garlic**.
- In a large frying pan, heat a drizzle of **olive oil** and **garlic** over medium-high heat.
- Cook until fragrant, **1 minute**. Transfer to a small heatproof bowl.



Toss the veggies

- To the tray with the roasted veggies, add a drizzle of the **white wine vinegar**.
- Gently toss to combine. Season to taste.



Finish the garlic yoghurt

- Add **Greek-style yoghurt** to **garlic oil mixture**.
- Stir to combine, then season to taste. Set aside.



Serve up

- Slice Aussie-spiced pork.
- Divide roast veggie toss between plates. Top with pork (plus any resting juices!).
- Spoon garlic yoghurt over pork. Sprinkle with **pine nuts** to serve. Enjoy!

Custom Recipe: Slice plant-based crumbed chick'n. Divide roast veggie toss between plates and top with chick'n.

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