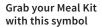


# Aussie-Spiced Pork & Roast Veggie Toss

with Garlic Yoghurt & Pine Nuts

DIETITIAN APPROVED\*

















Greek-Style Yoghurt



Pork Loin



Steaks









Aussie Spice



Pine Nuts



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

Carb Smart\*

\*Custom Recipe is not Dietitian Approved or 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.

### 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  $\cdot$  Large frying pan

### Ingredients

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	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		

<sup>\*</sup>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

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.



## 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.



## Finish the garlic yoghurt

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



## 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.



## 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.



## 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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