



# Seared Pork Steak & Almond-Parsley Topping with Mediterranean Roast Veggie Salad

MEDITERRANEAN WINTER

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Beetroot



Mediterranean Seasoning



Parsley



Nan's Special Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Flaked Almonds



Chicken Breast

Prep in: 25-35 mins  
Ready in: 35-45 mins



Eat Me Early\*  
\*Custom Recipe only

Get some pork on your fork with this easy number! While your Mediterranean-spiced veggies crisp up to perfection in the oven, you'll be searing Nan's spiced pork on the stove and perfecting the balsamic-almond crumb which will take your pork steaks to the next level!

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

### Pantry items

Olive Oil, Honey, Balsamic 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
beetroot	1	2
Mediterranean seasoning	1 medium sachet	2 medium sachets
parsley	1 bag	1 bag
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
<b>honey*</b>	½ tbs	1 tbs
<b>balsamic vinegar*</b>	1 tsp	2 tsp
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2124kJ (508Cal)	306kJ (73Cal)
Protein (g)	39.7g	5.7g
Fat, total (g)	16.7g	2.4g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	47.6g	6.9g
- sugars (g)	24.9g	3.6g
Sodium (mg)	1769mg	255mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1891kJ (452Cal)	267kJ (64Cal)
Protein (g)	47.2g	6.7g
Fat, total (g)	7.3g	1g
- saturated (g)	1.4g	0.2g
Carbohydrate (g)	46.7g	6.6g
- sugars (g)	24.5g	3.5g
Sodium (mg)	1403mg	198mg

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](https://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



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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato, carrot** and **zucchini** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Sprinkle over **Mediterranean seasoning**, drizzle with **olive oil**, season with **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.

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

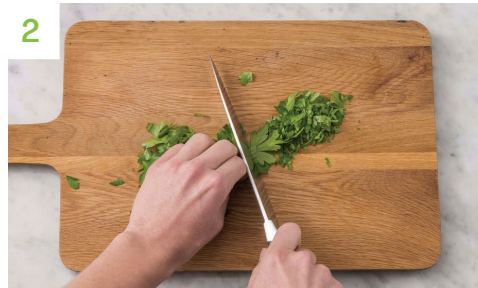
4



## Bring it altogether

- While pork is resting, to the tray with roast veggies, add **baby spinach leaves**, tossing to combine.
- Season to taste.

2



## Get prepped

- Meanwhile, roughly chop **parsley**.
- In a medium bowl, combine a drizzle of **olive oil** and **Nan's special seasoning**. Add **pork loin steaks**, turning to coat.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Add chicken to seasoning as above.

5



## Make the almond topping

- In a second medium bowl, combine the **honey, balsamic vinegar, flaked almonds, parsley**, a drizzle of **olive oil** and any **pork resting juices**.
- Season to taste.

3



## Cook the pork

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

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side.

6



## Serve up

- Slice pork.
- Divide Mediterranean roast veggie salad and seared pork between plates.
- Spoon over balsamic almond topping. Enjoy!

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