



Homestyle Pork Loin Steaks & Herby Mayo

with Honey Haloumi, Beetroot & Crouton Salad

HALL OF FAME

Grab your Meal Kit with this symbol



Beetroot



Carrot



Haloumi



Bake-At-Home Ciabatta



Nan's Special Seasoning



Pork Loin Steaks



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

There'll be no space left empty on your plate once you pile high this bountiful crouton salad. Boosted with honey haloumi chunks and drizzled with only the best herby mayo, homestyle pork steaks have never tasted better!

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

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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
carrot	1	2
haloumi	1 packet	2 packets
bake-at-home ciabatta	1	2
Nan's special seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
honey*	½ tbs	1 tbs
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	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)	3951kJ (944Cal)	735kJ (176Cal)
Protein (g)	52.7g	9.8g
Fat, total (g)	59g	11g
- saturated (g)	21.7g	4g
Carbohydrate (g)	51.4g	9.6g
- sugars (g)	21.7g	4g
Sodium (mg)	2336mg	435mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3754kJ (897Cal)	680kJ (163Cal)
Protein (g)	57.9g	10.5g
Fat, total (g)	51.6g	9.3g
- saturated (g)	18.3g	3.3g
Carbohydrate (g)	50.4g	9.1g
- sugars (g)	21.3g	3.9g
Sodium (mg)	1981mg	359mg

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



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **beetroot** into 1cm chunks.
- Cut **carrot** into bite-sized chunks.
- In a medium bowl, add **haloumi** and cover with water to soak.



Cook the pork

- When 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** until browned and cooked through, **3-4 minutes** each side (depending on thickness).
- Transfer to a plate to rest.

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

Custom Recipe: If you've swapped to chicken breast, heat pan as above. Cook chicken until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if you pan is getting crowded).



Roast the veggies

- Place **beetroot** and **carrot** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt**. Toss to coat. Roast until tender, **20-25 minutes**.
- Meanwhile, cut or tear **bake-at-home ciabatta** into bite-sized chunks. In a medium bowl, toss **ciabatta** with **olive oil** and a pinch of **salt** and **pepper**.
- When veggies have **5 minutes** remaining, add **crotons** to the tray and cook until golden.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the haloumi

- Drain **haloumi** and pat dry. Cut into bite-sized chunks.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **haloumi**, tossing occasionally, until golden brown, **2-4 minutes**.
- Remove from heat. Add the **honey** and toss to coat.



Flavour the pork

- In a second medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, then turn 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. Combine with spice blend as above.



Serve up

- To the tray with the roasted veggies, add **mixed salad leaves**, haloumi and a drizzle of the **vinegar**. Gently toss to combine.
- Slice pork.
- Divide honey haloumi and croton salad between plates. Top with homestyle pork.
- Drizzle over **dill & parsley mayonnaise** to serve. Enjoy!

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