



# Easy-Prep Mustard Pork & Veggie Salad

with Creamy Pesto Dressing & Flaked Almonds

Grab your Meal Kit with this symbol



Sweet Potato, Carrot & Zucchini Mix



Garlic & Herb Seasoning



Pork Strips



Wholegrain Mustard



Baby Spinach Leaves



Creamy Pesto Dressing



Flaked Almonds



Beef Strips

Prep in: 10-20 mins  
Ready in: 30-40 mins

Carb Smart

We love the texture and tang of wholegrain mustard, and so do tonight's pork strips. Add a touch of honey to mellow out the mustard's acidity and you have a stellar salad topper. Finish the dish with our creamy basil pesto, plus a sprinkle of flaked almonds for crunch.

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

### Pantry items

Olive Oil, Honey, 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato, carrot & zucchini mix	1 medium bag	1 large bag
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
pork strips	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	1 tsp	2 tsp
wholegrain mustard	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet 2 small packets
beef strips**	1 small packet	OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2302kJ (550Cal)	386kJ (92Cal)
Protein (g)	34.8g	5.8g
Fat, total (g)	29g	4.9g
- saturated (g)	4g	0.7g
Carbohydrate (g)	35.9g	6g
- sugars (g)	19g	3.2g
Sodium (mg)	1345mg	226mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2458kJ (587Cal)	413kJ (99Cal)
Protein (g)	39.4g	6.6g
Fat, total (g)	31.3g	5.3g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	34.9g	5.9g
- sugars (g)	18.8g	3.2g
Sodium (mg)	999mg	168mg

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



1



## Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to combine.
- Roast until tender, **25-30 minutes**. Set aside to cool slightly.

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

3



## Toss the salad

- To the tray with the roast veggies, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Toss to combine.

2

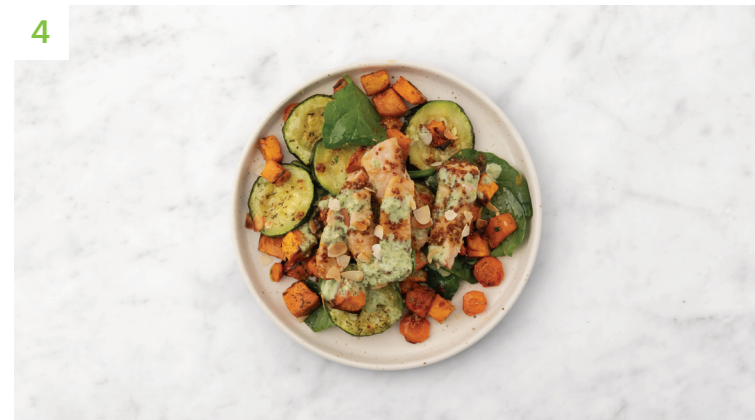


## Cook the pork

- While roast veggies are cooling, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **pork strips** in batches, tossing, until golden, **2-3 minutes**.
- Remove pan from heat, then add the **honey** and **wholegrain mustard**.
- Toss to combine and coat the pork. Season to taste.

**Custom Recipe:** If you've swapped to beef strips, heat pan as above. When oil is hot, cook beef strips, in batches, tossing, (this helps the beef stay tender!) until browned and cooked through, 1-2 minutes. Transfer to a plate. Remove from heat and return beef to the pan. Add honey and wholegrain mustard, tossing to coat. Season to taste.

4



## Serve up

- Divide roast veggie salad between plates. Top with mustard pork.
- Drizzle with **creamy pesto dressing** and sprinkle with **flaked almonds** to serve. Enjoy!

**Custom Recipe:** Top roast veggie salad with mustard beef

## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)