



Easy Garlic-Herb Pork Steak & Pesto Veggies

with Tomato Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Potato, Carrot & Zucchini Mix



Pork Loin Steaks



Garlic & Herb Seasoning



Tomato



Mixed Salad Leaves



Balsamic Vinaigrette Dressing



Basil Pesto



Garlic Aioli



Chicken Breast

Prep in: 10-20 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only

What's a quick and easy way to make succulent pork bursting with flavour? Add our classic garlic and herb seasoning that's hard to beat, and then team it with roasted veggies dressed in our basil pesto and a bright salad for a meal that's all kinds of yum!

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

Pantry items

Olive Oil, Butter

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
potato, carrot & zucchini mix	1 medium bag	1 large bag
pork loin steaks	1 small packet	2 small packets OR 1 large packet
butter*	20g	40g
garlic & herb seasoning	1 medium sachet	2 medium sachets
tomato	1	2
mixed salad leaves	1 small bag	1 medium bag
balsamic vinaigrette dressing	1 packet	2 packets
basil pesto	1 packet	2 packets
garlic aioli	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)	3463kJ (828Cal)	518kJ (124Cal)
Protein (g)	38.2g	5.7g
Fat, total (g)	57.4g	8.6g
- saturated (g)	13.8g	2.1g
Carbohydrate (g)	37.6g	5.6g
- sugars (g)	14.5g	2.2g
Sodium (mg)	1299mg	194mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3247kJ (776Cal)	475kJ (114Cal)
Protein (g)	44.7g	6.5g
Fat, total (g)	49g	7.2g
- saturated (g)	10.1g	1.5g
Carbohydrate (g)	36.6g	5.4g
- sugars (g)	14g	2g
Sodium (mg)	937mg	137mg

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



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato, carrot & zucchini mix** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

3



Toss the salad

- While pork is resting, roughly chop **tomato**.
- In a medium bowl, combine the **mixed salad leaves, tomato** and **balsamic vinaigrette dressing**. Toss to combine.

2



Cook the pork

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, add **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- In the **last minute** of cook time, add the **butter** and sprinkle with **garlic & herb seasoning**, turning to coat. Transfer to a plate, cover and rest for **5 minutes**.

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. Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Continue as above.

4



Serve up

- When the veggies are done, add **basil pesto** and toss to combine.
- Slice pork steak.
- Divide the garlic and herb pork steak, pesto roast veggies and tomato salad between plates. Serve with the **garlic aioli**. Enjoy!

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