



Garlic-Herb Pork Steak & Pesto Roast Veggies

with Tomato Salad & Garlic Aioli

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Zucchini



Tomato



Pork Loin Steaks



Garlic & Herb Seasoning



Mixed Salad Leaves



Basil Pesto



Garlic Aioli



Lamb Rump

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

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, 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
sweet potato	2	4
carrot	1	2
zucchini	1	2
tomato	1	2
pork loin steaks	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	1 packet (50g)	1 packet (100g)
basil pesto	1 packet	2 packets
garlic aioli		
lamb rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3441kJ (822Cal)	504kJ (120Cal)
Protein (g)	38.7g	5.7g
Fat, total (g)	53.7g	7.9g
- saturated (g)	13.4g	2g
Carbohydrate (g)	45.9g	6.7g
- sugars (g)	22.4g	3.3g
Sodium (mg)	1156mg	169mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	502kJ (119Cal)
Protein (g)	50.3g	7.5g
Fat, total (g)	48g	7.1g
- saturated (g)	10.7g	1.6g
Carbohydrate (g)	42.6g	6.3g
- sugars (g)	19.8g	2.9g
Sodium (mg)	807mg	120mg

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**.
- Cut **sweet potato, carrot** and **zucchini** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

4



Toss the salad

- In a second medium bowl, combine **mixed salad leaves, tomato**, a drizzle of the **vinegar** and **olive oil**. Season.

2



Get prepped

- Roughly chop **tomato**.
- In a medium bowl, combine **pork loin steaks, garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

Custom Recipe: If you've upgraded to lamb rump, lightly score lamb fat in a 1cm criss-cross pattern. Season lamb rump all over and place, fat-side down, in a large frying pan.

5



Bring everything together

- When the veggies are done, add **basil pesto** to the tray and toss to combine.

3



Cook the pork steaks

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. When oil is hot, add **pork steaks** and cook 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: Place pan over medium heat and cook undisturbed until golden, 10-12 minutes. Increase heat to high and sear lamb rump on all sides for 30 seconds. Transfer, fat-side up, to a lined oven tray. Roast for 15-20 minutes for medium or until cooked to your liking. Remove from oven and rest for 10 minutes.

6



Serve up

- Slice the pork steak.
- Divide the garlic and herb pork steak, pesto roast veggies and tomato salad between plates.
- Serve with the **garlic aioli**. Enjoy!

Rate your recipe

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