



Honey-Garlic Pork & Roast Veggie Toss

with Fetta & Creamy Pesto Dressing

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Pumpkin



Brown Onion



Beetroot



Garlic & Herb Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Fetta Cubes



Creamy Pesto Dressing

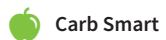


Chilli Flakes (Optional)



Chicken Breast

Prep in: 20-30 mins
Ready in: 45-55 mins



Eat Me Early*
*Custom Recipe only

The combination of garlic, herbs and a dash of honey works wonders as a marinade for tonight's juicy pork steaks. Serve over a sweet and earthy roast veggie toss, and make it even better with a bit of fetta and a drizzle of creamy basil pesto.

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
pumpkin	1 medium	1 large
brown onion	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
honey*	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
fetta cubes	1 large packet	2 large packets
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
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)	2697kJ (645Cal)	473kJ (113Cal)
Protein (g)	39.3g	6.9g
Fat, total (g)	40.6g	7.1g
- saturated (g)	11.2g	2g
Carbohydrate (g)	30.9g	5.4g
- sugars (g)	25.1g	4.4g
Sodium (mg)	1428mg	251mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2480kJ (593Cal)	424kJ (101Cal)
Protein (g)	45.8g	7.8g
Fat, total (g)	32.1g	5.5g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	29.9g	5.1g
- sugars (g)	24.7g	4.2g
Sodium (mg)	1067mg	182mg

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.

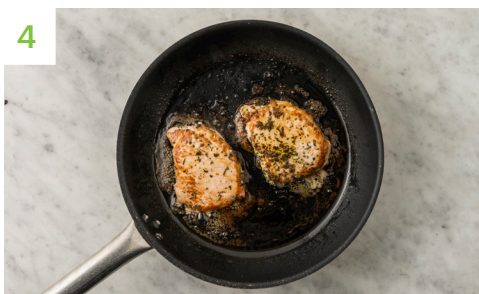
We're here to help!

Scan here if you have any questions or concerns



1 Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **pumpkin** into thin wedges.
- Cut **brown onion** into thick wedges.
- Cut **beetroot** into 1cm chunks.



4 Cook the pork

- When the veggies have **10 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).
- In the **last minute**, add the **honey**, turning **pork** to coat. Transfer to a plate to rest.

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

Custom Recipe: Heat pan as above. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). In the last minute, add the honey, turning chicken to coat.



2 Roast the veggies

- Place prepped **veggies** on a lined oven tray.
- Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.

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



5 Toss the veggies

- Transfer roasted **veggies** to a large bowl.
- Add **baby spinach leaves**. Crumble over **fetta cubes**, then drizzle with the **vinegar**.
- Gently toss to combine. Season to taste.



3 Flavour the pork

- Meanwhile, in a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, season, 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. Flavour chicken as above.



6 Serve up

- Slice honey-garlic pork.
- Divide roast veggie toss between plates. Top with pork.
- Drizzle with **creamy pesto dressing**. Sprinkle over **chilli flakes** (if using) to serve. Enjoy!

Custom Recipe: Slice honey-garlic chicken.

Rate your recipe

Did we make your tastebuds happy?

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