



# Honey-Garlic Pork & Quick-Prep Veggie Toss

with Creamy Pesto Dressing & Fetta

Grab your Meal Kit with this symbol



Sweet Potato, Carrot & Zucchini Mix



Garlic & Herb Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Fetta Cubes



Creamy Pesto Dressing

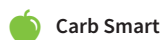


Chilli Flakes (Optional)



Chicken Breast

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



Carb Smart



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
<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	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
<b>honey*</b>	½ tbs	1 tbs
baby spinach leaves	1 medium bag	1 large bag
fetta cubes	1 large packet	2 large packets
<b>vinegar*</b> (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)	2706kJ (647Cal)	454kJ (109Cal)
Protein (g)	39g	6.5g
Fat, total (g)	39.7g	6.7g
- saturated (g)	11g	1.8g
Carbohydrate (g)	32.6g	5.5g
- sugars (g)	17.3g	2.9g
Sodium (mg)	1436mg	241mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2490kJ (595Cal)	407kJ (97Cal)
Protein (g)	45.5g	7.4g
Fat, total (g)	31.2g	5.1g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	31.6g	5.2g
- sugars (g)	16.8g	2.7g
Sodium (mg)	1075mg	176mg

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



## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Place **sweet potato, carrot & zucchini mix** 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.

**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.

3



## 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.

2



## Cook the pork

- Meanwhile, combine **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl.
- Season, then add **pork loin steaks**, turning to coat.
- 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.

**Custom Recipe:** Flavour chicken and heat pan as above. Cook chicken until cooked through (when no longer pink inside), 3-6 minutes each side. In the last minute, add the honey, turning chicken to coat. Transfer to a plate.

4



## Serve up

- Slice honey-garlic pork. Divide veggie toss between plates.
- Top with pork. Drizzle over **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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