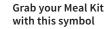


Herby Pork & Caramelised Onions with Pesto Roast Veggie Toss











Chunks



Brown Onion



Seasoning

Basil Pesto



Pork Loin



Steaks



Baby Spinach Leaves



Prep in: 15-25 mins Ready in: 30-40 mins

Calorie Smart^ ^Custom recipe is not Calorie Smart It's easy to eat the rainbow when you roast veggies then toss them in our herby basil pesto. Then, for an extra burst of flavour, coat succulent pork steaks with our rich garlic and herb seasoning.



Olive Oil, Balsamic Vinegar, Brown Sugar

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
beetroot	1	2
sweet potato chunks	1 medium packet	1 large packet
brown onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	½ tbs	1 tbs
brown sugar*	1 tsp	2 tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
basil pesto	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	454kJ (109Cal)
Protein (g)	37.8g	6.4g
Fat, total (g)	32.3g	5.5g
- saturated (g)	7.4g	1.3g
Carbohydrate (g)	49.1g	8.3g
- sugars (g)	27.5g	4.6g
Sodium (mg)	1090mg	184mg
Dietary Fibre (g)	14.3g	2.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3652kJ (873Cal)	493kJ (118Cal)
Protein (g)	65.3g	8.8g
Fat, total (g)	45.5g	6.1g
- saturated (g)	12.5g	1.7g
Carbohydrate (g)	50.1g	6.8g
- sugars (g)	27.9g	3.8g
Sodium (mg)	1536mg	207mg
Dietary Fibre	14.3g	1.9g

The quantities provided above are averages only.

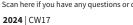
Allergens

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





Roast the veggies

- Preheat oven to 220°C/200°C fan-forced. Cut beetroot into small chunks.
- Place **sweet potato chunks** and **beetroot** on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat.
- Roast until tender, 25-30 minutes.

TIP: If your oven tray is crowded, divide the veggies between two trays. TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the pork

- In a large bowl, combine garlic & herb seasoning and a drizzle of olive oil. Add pork loin steaks, turning to coat.
- Wash out frying pan, then return to medium-high heat with a drizzle of olive oil.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Set aside on a plate and cover with foil to rest.

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

Custom Recipe: If you've doubled your pork loin steaks, prepare extra pork as above. Cook pork in batches for best results.



Caramelise the onion

- Thinly slice brown onion.
- In a large frying pan, heat a drizzle of **olive oil** over medium heat. Cook onion, stirring regularly, until softened, 5-6 minutes.
- Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, 3-5 minutes.
- · Transfer to a bowl.



Serve up

- Add basil pesto and baby spinach leaves to the tray with roasted veggies. Season, then toss to combine.
- Slice herby pork steaks.
- Divide pesto roast veggie toss between plates. Top with pork, spooning over any resting juices
- Spoon caramelised onion over pork to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate

