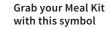


Pan-Fried Pork & Garlic Almond Crumb

with Roast Veggie Toss & Creamy Pesto Dressing

MEDITERRANEAN











Zucchini

Nan's Special Seasoning

Pork Loin





Panko Breadcrumbs

Flaked Almonds



Dressing

Baby Spinach

Creamy Pesto





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



Sure, searing up some plain pork steaks for dinner is all fine and dandy. But why not take it up a notch with this aromatic almond crumb that's scattered over the pork as a crunchy finishing touch? It'll contrast perfectly with the tangy pesto dressing. Trust us, you'll be glad you did it our way.

Pantry items

Olive Oil, Butter, Balsamic Vinegar

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

ingi edients			
2 People	4 People		
refer to method	refer to method		
1	2		
1	2		
1	2		
1 clove	2 cloves		
1 medium sachet	1 large sachet		
1 medium packet	2 medium packets OR 1 large packet		
10g	20g		
½ medium packet	1 medium packet		
1 medium packet	2 medium packets		
1 medium packet	1 large packet		
drizzle	drizzle		
1 medium packet	1 large packet		
1 medium packet	2 medium packets OR 1 large packet		
	2 People refer to method 1 1 1 1 clove 1 medium sachet 1 medium packet 10g ½ medium packet 1 medium packet 1 medium packet 1 medium packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604Cal)	505kJ (120Cal)
Protein (g)	36.2g	7.2g
Fat, total (g)	36.7g	7.3g
- saturated (g)	9.6g	1.9g
Carbohydrate (g)	32.4g	6.5g
- sugars (g)	12.3g	2.5g
Sodium (mg)	932mg	186mg
Dietary Fibre (g)	9.1g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3498kJ (836Cal)	537kJ (128Cal)
Protein (g)	63.7g	9.8g
Fat, total (g)	49.9g	7.7g
- saturated (g)	14.8g	2.3g
Carbohydrate (g)	33.3g	5.1g
- sugars (g)	12.7g	2g
Sodium (mg)	1378mg	212mg
Dietary Fibre	9.1g	1.4g

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





Get prepped & roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato, carrot and zucchini into bite-sized chunks.
- Place prepped veggies on a lined oven tray. Drizzle with olive oil, season
 with salt and pepper and toss to coat. Roast until tender, 25-30 minutes.
- Meanwhile, finely chop garlic.



Cook the pork

- When the veggies have **10 minutes** cook time remaining, return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side.
- Transfer to a plate, cover and rest for 5 minutes.

Custom Recipe: If you've doubled your pork, season and cook as above, in batches for best results.



Get prepped

- In a medium bowl, combine Nan's special seasoning and a drizzle of olive oil. Add pork loin steaks and turn to coat.
- In a large frying pan, heat the butter with a drizzle of olive oil over medium-high heat. Toast panko breadcrumbs (see ingredients) and flaked almonds, stirring, until golden brown, 3 minutes.
- Add garlic and cook until fragrant, 1-2 minutes. Transfer to a bowl and season to taste.



Serve up

- Add baby spinach leaves and a drizzle of balsamic vinegar to the tray with the roasted veggies, gently toss to combine.
- · Slice pork.
- Divide pork and roast veggie toss between plates.
- Top pork with garlic almond crumb and serve with creamy pesto dressing. Enjoy!

Did we make your tastebuds happy?
Let our culinary team know: hellofresh.com.au/rate