



Pan-Fried Pork & Garlic Almond Crumb

with Roast Veggie Toss & Creamy Pesto Dressing

MEDITERRANEAN



Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Zucchini



Garlic



Nan's Special Seasoning



Pork Loin Steaks



Panko Breadcrumbs



Flaked Almonds



Baby Spinach Leaves



Creamy Pesto Dressing



Pork Loin Steaks

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



Carb Smart*

*Custom recipe is not Carb Smart

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.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
butter*	10g	20g
panko breadcrumbs	½ medium packet	1 medium packet
flaked almonds	1 medium packet	2 medium packets
baby spinach leaves	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
creamy pesto dressing	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)	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



1



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**.

3



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.

2



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.

4



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!

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