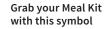


# Herby Pork & Caramelised Onions with Pesto Roast Veggie Toss













Chunks



**Brown Onion** 





Pork Loin



Plant-Based

**Basil Pesto** 

Seasoning

Steaks



Baby Spinach Leaves



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

Eat Me Early



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

9				
	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		
plant-based basil pesto	½ large packet	1 large packet		
baby spinach leaves	1 medium packet	1 large packet		
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2657kJ (635Cal)	451kJ (107Cal)
Protein (g)	37.6g	6.4g
Fat, total (g)	32.2g	5.5g
- saturated (g)	7.3g	1.2g
Carbohydrate (g)	47.9g	8.1g
- sugars (g)	27.1g	4.6g
Sodium (mg)	973mg	165mg
Dietary Fibre (g)	14.2g	2.4g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3626kJ</b> (866Cal)	490kJ (117Cal)
Protein (g)	65.1g	8.8g
Fat, total (g)	45.4g	6.1g
- saturated (g)	12.5g	1.7g
Carbohydrate (g)	48.9g	6.6g
- sugars (g)	27.6g	3.7g
Sodium (mg)	1418mg	192mg
Dietary Fibre	14.2g	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 **plant-based basil pesto (see ingredients)** 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

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