



Herby Pork & Caramelised Onions

with Pesto Roast Veggie Toss

Grab your Meal Kit with this symbol



Beetroot



Sweet Potato Chunks



Brown Onion



Garlic & Herb Seasoning



Pork Loin Steaks



Plant-Based Basil Pesto



Baby Spinach Leaves



Pork Loin Steaks

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



Calorie Smart*
**Custom recipe is not Calorie Smart*



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.

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

Pantry items

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
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

*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)	3626kJ (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 (g)	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



1



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.

3



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.

2



Caramelize 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.

4



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!

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