



Spinach-Fetta Pork Involtini & Roast Potato

with Dill-Parsley Mayo & Orange Salad

SKILL UP

NEW

Grab your meal kit with this number

42



Potato



Garlic



Baby Spinach Leaves



Orange



Fetta Cubes



Lemon Pepper Seasoning



Pork Loin Steaks



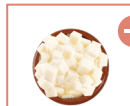
Wholegrain Mustard



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Fetta Cubes



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

Protein Rich

Here to challenge your inner chefs, our new 'skill up' recipes will take you from zero to hero. Our take on this Italian classic, will have you stuffing pork loin steaks with a spinach-fetta mixture. This cheesy centre infuses the pork involtini to perfection and once they're finished roasting, you'll be plating up a super juicy pork number. Buon appetito!

Pantry items

Olive Oil, Softened Butter, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan · Toothpicks or cooking twine

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
baby spinach leaves	1 small packet	1 medium packet
orange	1	2
fetta cubes	1 medium packet	1 large packet
softened butter*	20g	40g
lemon pepper seasoning	1 sachet	2 sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
wholegrain mustard	½ packet	1 packet
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3050kJ (729cal)	303kJ (73cal)
Protein (g)	38.1g	3.8g
Fat, total (g)	46.2g	4.6g
- saturated (g)	14.5g	1.4g
Carbohydrate (g)	39.8g	4g
- sugars (g)	20g	2g
Sodium (mg)	1284mg	127.8mg
Dietary Fibre (g)	9.3g	0.9g

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.

1



Roast the potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

4



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Add **stuffed pork** and cook, turning, until browned, **1-2 minutes**.
- Transfer **pork** to a second lined oven tray and bake until cooked through, **8-10 minutes**.

2



Get prepped

- Meanwhile, finely chop **garlic** and **baby spinach leaves**.
- Peel and thinly slice **orange** into rounds.
- To a medium bowl, add **garlic**, **spinach**, **fetta cubes** and the **softened butter**, then mash with a fork to combine. Season with a pinch of **salt** and **pepper**.
- In a small bowl, combine **lemon pepper seasoning** and a drizzle of **olive oil**.

5



Toss the salad

- Meanwhile, in a medium bowl, combine **wholegrain mustard** (see ingredients), the **honey** and a drizzle of **vinegar** and **olive oil**. Season with **salt** and **pepper**.
- Add **orange** and **mixed salad leaves**, tossing to coat.

3



Prep the pork

- Place your hand flat on top of each **pork loin steak** and slice through horizontally to make two thin steaks.
- Place **pork** between two sheets of baking paper. Pound **pork** with a meat mallet or rolling pin until they are an even thickness, about 1cm.
- Evenly rub the **lemon pepper mixture** over pork.
- Spoon **fetta mixture** down the centre of the pork. Roll **pork** up tightly and secure with toothpicks or cooking twine.

TIP: If you don't have toothpicks or twine, just be extra careful when you handle the pork.

TIP: Cutting through the pork fat can be tricky, trim any visible fat caps.

6



Serve up

- Slice pork.
- Divide spinach-fetta pork involtini, roast potatoes and orange salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS

+ **DOUBLE FETTA CUBES**
Follow method above.

+ **ADD DICED BACON**
Cook, breaking up with a spoon, 4-6 minutes. Sprinkle over salad to serve.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

