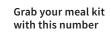


# Herby Pork & Cheesy Potatoes with Roast Veggie Toss & Garlic Yoghurt

NEW









**Brown Onion** 

Potato





Beetroot

Carrot





Parmesan Cheese



Greek-Style Yoghurt

Pork Loin Steaks

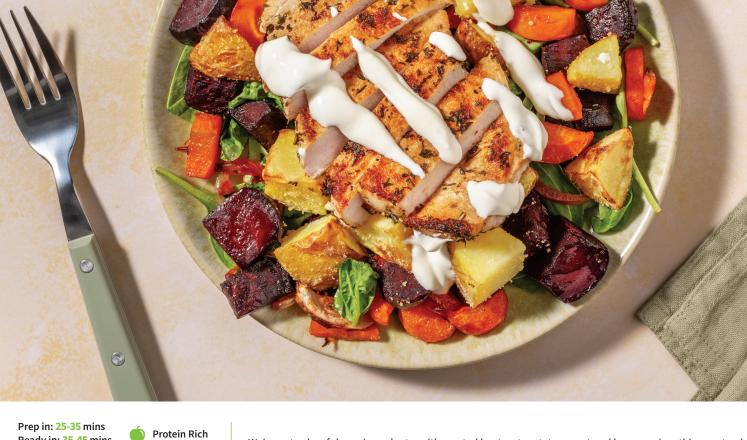


Garlic & Herb Seasoning

Baby Spinach Leaves







Ready in: 35-45 mins

**Calorie Smart** 



# 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

# Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
brown onion	1	2	
potato	2	4	
beetroot	1	2	
carrot	1	2	
Parmesan cheese	1 medium packet	1 large packet	
garlic	1 clove	2 cloves	
Greek-style yoghurt	1 medium packet	1 large packet	
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet	
garlic & herb seasoning	1 medium sachet	1 large sachet	
baby spinach leaves	1 small packet	1 medium packet	
vinegar* (white wine or balsamic)	drizzle	drizzle	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2397kJ (573cal)	210kJ (50cal)
Protein (g)	41.8g	3.7g
Fat, total (g)	24.3g	2.1g
- saturated (g)	10g	0.9g
Carbohydrate (g)	45.9g	4g
- sugars (g)	24.3g	2.1g
Sodium (mg)	1056mg	92.3mg
Dietary Fibre (g)	12.3g	1.1g

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.



# Prep the veggies

- Preheat oven to 240°C/220°C fan-forced.
- · Cut brown onion into thick wedges.
- Cut potato into bite-sized chunks.
- Cut beetroot into small chunks.
- · Slice carrot into half-moons.



# Roast the veggies

- · Place onion, beetroot and carrot on a lined oven tray.
- Place **potato** on a second lined oven tray.
- Drizzle both trays with olive oil, season with salt and **pepper** and toss to coat. Roast until tender, 20-25 minutes.
- In the last **5 minutes**, sprinkle potato with Parmesan cheese. Roast until cheese is golden and melted.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



# Make the garlic yoghurt

- · Meanwhile, finely chop garlic.
- In a large frying pan, heat a drizzle of olive oil and garlic over medium-high heat. Cook until fragrant, 1 minute.
- Transfer to a small bowl. Add Greek-style yoghurt. Stir to combine. Season to taste.



# Cook the pork

- When the veggies have 10 minutes remaining, in a medium bowl, combine pork loin steaks, garlic & herb seasoning and a drizzle of olive oil, turning to coat.
- 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 (depending on thickness). Transfer to a plate to rest.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



# Bring it all together

· Meanwhile, to the roast veggie tray, add baby spinach leaves and a drizzle of vinegar. Gently toss to combine. Season with salt and pepper.



# Serve up

- Slice pork.
- Divide roast veggie toss between plates.
- Top with cheesy potatoes, herby pork and any pork resting juices.
- · Spoon over garlic yoghurt to serve. Enjoy!







Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



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

