



Herby Pork & Cheesy Potatoes

with Roast Veggie Toss & Garlic Yoghurt

NEW

Grab your meal kit with this number

1



Brown Onion



Potato



Beetroot



Carrot



Parmesan Cheese



Garlic



Greek-Style Yoghurt



Pork Loin Steaks



Garlic & Herb Seasoning



Baby Spinach Leaves



Chicken Breast



Pork Loin Steak

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



Protein Rich



Calorie Smart

We've got colourful veggies aplenty: with roasted beetroot, potato, carrot and brown onion, this easy traybake looks just as good as it tastes and when paired with herby pork, you won't be able to wipe the smile off your dial!

Pantry items

Olive Oil, 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

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.



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!



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.



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**.



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.



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!

We're here to help!

Scan here if you have any questions or concerns

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CUSTOM OPTIONS

SWAP TO CHICKEN BREAST

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

DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

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

