



Aussie Pork & Caramelised Onions

with Roast Veggie Toss & Creamy Pesto Dressing

SUMMER SALADS

NEW

KID FRIENDLY

Grab your meal kit with this number

1



Carrot



Potato



Beetroot



Brown Onion



Aussie Spice Blend



Pork Loin Steaks



Baby Spinach Leaves



Creamy Pesto Dressing



Chicken Breast



Pork Loin Steaks

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Calorie Smart

You can't go wrong with an easy toss packed with roasted veggies full of colour and flavour! Jazz up Aussie-spiced pork with a slathering of caramelised onions and don't forget to serve it all up with our creamy pesto dressing!

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	2	4
beetroot	1	2
brown onion	1	2
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	½ tbs
baby spinach leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2648kJ (632Cal)	407kJ (97Cal)
Protein (g)	36.9g	5.7g
Fat, total (g)	34.5g	5.3g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	43.1g	6.6g
- sugars (g)	22.9g	3.5g
Sodium (mg)	1029mg	158mg
Dietary Fibre (g)	11.9g	1.8g

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 veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** and **potato** into bite-sized chunks.
- Cut **beetroot** into 1cm chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

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.

4



Caramelise the onions

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **onion**, stirring regularly, until softened, **5-6 minutes**.
- Add the **balsamic vinegar**, **brown sugar**, a splash of **water** and any **pork resting juices** and mix well. Cook until slightly reduced, **2-3 minutes**.
- Transfer to a bowl.

2



Get prepped

- Meanwhile, thinly slice **brown onion**.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.

Little cooks: Don your goggles and have a go at peeling off the onion's outer layer!

5



Bring it all together

- To the tray with roasted veggies, add **baby spinach leaves** and a drizzle of **vinegar**.
- Toss to combine and season to taste.

Little cooks: Help add the spinach to the tray. Be careful, the tray is hot!

3

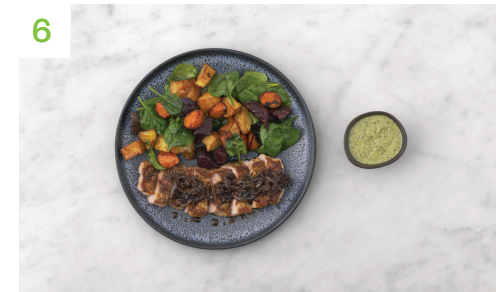


Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Set aside on a plate, cover and rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.

6



Finish & serve

- Slice pork.
- Divide roast veggie toss and Aussie pork between plates.
- Spoon caramelised onion over pork.
- Serve with **creamy pesto dressing**. Enjoy!

Little cooks: Add the finishing touch by spooning the caramelised onion over the pork!

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 STEAKS

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.

