

Mediterranean Pork & Warm Pesto Risoni Salad

with Kalamata Olives & Fetta

MEDITERRANEAN

Grab your meal kit with this number

35



Risoni



Chicken Stock Pot



Tomato



Baby Spinach Leaves



Kalamata Olives



Nan's Special Seasoning



Pork Loin Steaks



Basil Pesto



Fetta Cubes



Peeled Prawns



Pork Loin Steaks

Prep in: 20-30 mins
Ready in: 25-35 mins

A warm pesto risoni salad is the perfect dish to really warm you from the inside out! Packed with fresh basil pesto, tender pork and with some perfectly Mediterranean sides; olives and fetta, you'll feel like you're dining in the Mediterranean!

Pantry items

Olive Oil

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 medium packet	2 medium packets
chicken stock pot	1 small packet	1 medium packet
tomato	1	2
baby spinach leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
basil pesto	1 packet	2 packets
fetta cubes	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3248kJ (776cal)	862kJ (229cal)
Protein (g)	46.3g	12.3g
Fat, total (g)	36.3g	9.6g
- saturated (g)	10.7g	2.8g
Carbohydrate (g)	64g	17g
- sugars (g)	4.9g	1.3g
Sodium (mg)	2036mg	540.1mg
Dietary Fibre (g)	5.6g	1.5g

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.



Cook the risoni

- Half-fill a large saucepan with water, then bring to the boil over high heat.
- Cook **risoni** in the boiling water until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan.
- Add **chicken stock pot** and a drizzle of **olive oil**, stirring to coat.

TIP: 'Al dente' pasta is cooked through but still slightly firm in the centre.



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 (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.



Get prepped

- Meanwhile, roughly chop **tomato**, **baby spinach leaves** and **kalamata olives**.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **pork loin steaks**, turning to coat.



Finish & serve

- To the pan with risoni, add tomato, olives, baby spinach leaves, **basil pesto** and pork resting juices, tossing to combine. Season to taste.
- Slice pork steak.
- Divide warm pesto risoni salad between bowls.
- Top with Mediterranean pork.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW04



CUSTOM OPTIONS



SWAP TO PEELED PRAWNS

Season as above. Cook in a drizzle of olive oil, tossing, until pink and starting to curl up, 3-4 minutes.



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.

