



American Spiced Pork Steaks

with Roast Veggie & Baby Spinach Toss

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Carrot



Pork Loin Steaks



All-American Spice Blend



Corn



Baby Spinach Leaves



Smokey Aioli

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Naturally **gluten-free**
Not suitable for Coeliacs

Calorie Smart

Sweet and mild All-American spices add a ton of flavour to these pork steaks. Combined with a colourful roast veggie toss, and a delicate smokey aioli on the side, this combo will be happily devoured by all.

Pantry items

Olive Oil

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
sweet potato	2	4
capsicum	1	2
carrot	1	2
pork loin steaks	1 packet (300g)	1 packet (600g)
All-American spice blend	½ sachet	1 sachet
corn	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2476kJ (592Cal)	379kJ (91Cal)
Protein (g)	45.5g	7g
Fat, total (g)	21.9g	3.3g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	48.7g	7.4g
- sugars (g)	27.2g	7.4g
Sodium (mg)	395mg	60mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** into small chunks. Cut the **capsicum** into bite-sized chunks. Cut the **carrot** into rounds. Divide the **veggies** between two oven trays. Drizzle with **olive oil** and season with **salt and pepper**. Toss to coat then spread out in a single layer and roast, tossing halfway through, until tender, **25-30 minutes**.



Flavour the pork

While the veggies are roasting, combine the **pork loin steaks** and **All-American spice blend** (see ingredients) in a large bowl. Drizzle with **olive oil**, season with **salt and pepper** and toss to coat. Set aside.



Char the corn

Slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Add the **corn**. Cook until charred, **4-5 minutes**. Transfer to a large bowl.



Cook the pork

Return the frying pan to a medium-high heat. Cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover and set aside to rest.

TIP: *The spice blend may char in the pan, this adds to the flavour!*



Bring it all together

Transfer the roasted veggies to the large bowl with the **corn**. Add the **baby spinach leaves** and 1/4 of the **smokey aioli** and toss to coat. Season to taste with **salt and pepper**.



Serve up

Slice the spiced pork steaks. Divide the pork and roast veggie toss between plates and serve with the remaining smokey aioli.

Enjoy!