

# Aussie-Spiced Pork & Roast Pumpkin with Apple Salad, Herby Mayo & Almonds

Grab your Meal Kit with this symbol







**Butternut Pumpkin** 



Aussie Spice

Flaked Almonds



Dill & Parsley



Mayonnaise

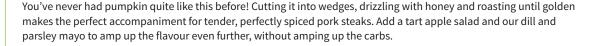


Deluxe Salad

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

Carb Smart







Olive Oil, Honey, Balsamic Vinegar

### 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

Oven tray lined with baking paper · Large frying pan

### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 medium	1 large
honey*	1 tsp	2 tsp
apple	1/2	1
dill & parsley mayonnaise	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
balsamic vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2411kJ (576Cal)	439kJ (105Cal)
Protein (g)	42.1g	7.7g
Fat, total (g)	30.2g	5.5g
- saturated (g)	3.9g	0.7g
Carbohydrate (g)	33.9g	6.2g
- sugars (g)	18.7g	3.4g
Sodium (mg)	576mg	105mg
Dietary Fibre (g)	10.9g	2g

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 pumpkin

- Preheat oven to 240°C/220°C fan-forced.
- Slice butternut pumpkin into thin wedges.
  Place on a lined oven tray.
- Drizzle **pumpkin** with **olive oil** and the **honey**, then season with **salt**. Toss to coat.
- · Roast until tender. 25-30 minutes.

**TIP:** If your oven tray is crowded, divide the pumpkin wedges between two trays.



## Get prepped

- Meanwhile, slice apple (see ingredients) into thin sticks.
- In a small bowl, combine the dill & parsley mayonnaise with a small splash of water.
   Set aside.



## Prep the pork

- In a medium bowl, combine Aussie spice blend, a drizzle of olive oil and a pinch of pepper.
- Add **pork loin steaks**, turning to coat.



### Cook the pork

- When the pumpkin has 10 minutes remaining, heat a large frying pan over a medium heat with a drizzle of olive oil.
- When oil is hot, cook pork until cooked through,
  3-4 minutes each side (depending on thickness).
- Set aside on a plate and cover with foil to rest for 5 minutes.

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



#### Make the salad

- While the pork is cooking, combine a drizzle of balsamic vinegar and olive oil in a large bowl.
- Add apple and deluxe salad mix.
- · Season, then toss to coat.



### Serve up

- · Slice spiced pork.
- Divide pork, roast pumpkin and apple salad between plates. Spoon over any pork resting juices.
- Sprinkle flaked almonds over pumpkin.
- Drizzle with dill-parsley mayo to serve. Enjoy!

