



Aussie-Spiced Pork & Roast Pumpkin

with Apple Salad, Herby Mayo & Almonds

Grab your Meal Kit with this symbol



Butternut Pumpkin



Apple



Aussie Spice Blend



Flaked Almonds



Dill & Parsley Mayonnaise



Pork Loin Steaks



Deluxe Salad Mix

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

Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

You've never had pumpkin quite like this before! Cutting it into wedges, drizzling with honey and roasting until golden makes the perfect accompaniment for tender, perfectly spiced pork steaks. Add a tart apple salad and our dill and parsley mayo to amp up the flavour even further, without amping up the carbs.

Pantry items

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

	2 People	4 People
olive oil*	refer to method	refer to method
butternut pumpkin	1 medium	1 large
honey*	1 tsp	2 tsp
apple	½	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

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2423kJ (579Cal)	441kJ (105Cal)
Protein (g)	41.9g	7.6g
Fat, total (g)	30.7g	5.6g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	33.9g	6.2g
- sugars (g)	18.7g	3.4g
Sodium (mg)	577mg	105mg

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 pumpkin

- Preheat oven to **220°C/200°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: Pumpkin skin becomes tender after roasting and adds fibre, but you can remove it if you prefer.

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

2



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.

3



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.

4



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).
- Transfer to a plate. Cover and set aside to rest for **5 minutes**.

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

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

5



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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