



Basil Pesto Pork Loin

with Roast Veggie Toss & Pepitas

Grab your Meal Kit with this symbol



Brown Onion



Carrot



Zucchini



Beetroot



Garlic & Herb Seasoning



Pepitas



Baby Spinach Leaves



Pork Loin Steaks

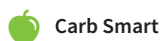


Basil Pesto



Chicken Breast

Prep in: 15-25 mins
Ready in: 35-45 mins



Eat Me Early*

*Custom Recipe only

Pop some veg in the oven, sear some tender pork loin steaks and you'll have a delight of a dinner. We've swapped potatoes with a bright roast veggie toss to keep the crunch and flavour up and the carbs down.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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
brown onion	1	2
carrot	1	2
zucchini	1	2
beetroot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
basil pesto	1 packet (50g)	2 packets (100g)
pepitas	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2414kJ (577Cal)	436kJ (104Cal)
Protein (g)	40g	7.2g
Fat, total (g)	33g	6g
- saturated (g)	7.9g	1.4g
Carbohydrate (g)	29.1g	5.3g
- sugars (g)	22g	4g
Sodium (mg)	1120mg	202mg
Dietary Fibre (g)	15.8g	2.9g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2215kJ (529Cal)	389kJ (93Cal)
Protein (g)	45g	7.9g
Fat, total (g)	25.4g	4.5g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	28.6g	5g
- sugars (g)	21.5g	3.8g
Sodium (mg)	768mg	135mg
Dietary Fibre (g)	16g	2.8g

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.

We're here to help!

Scan here if you have any questions or concerns



1



Prep the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **brown onion** into thin wedges. Cut **carrot** and **zucchini** into bite-sized chunks. Cut **beetroot** into 1cm chunks.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

3



Cook the pork

- When the veggies have **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Season **pork** with **salt** and **pepper**.
- 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**.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks, then season. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded).

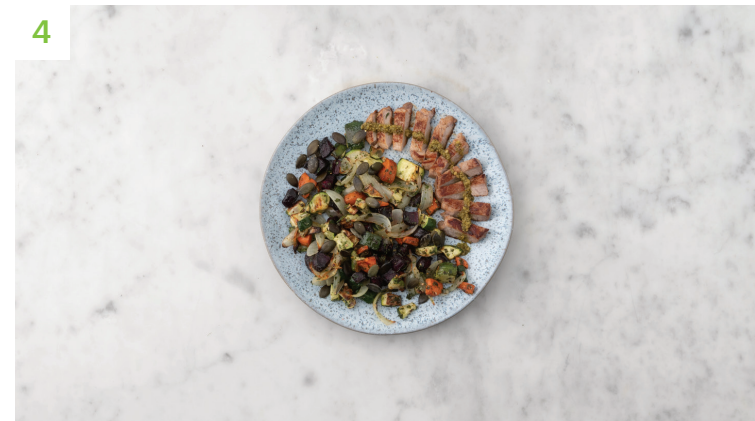
2



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**.
- Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.

4



Serve up

- Add **baby spinach leaves** and a drizzle of the **vinegar** to the roasted veggies. Gently toss to combine. Season to taste.
- Slice pork. Divide pork and roast veggie toss between plates.
- Top pork with **basil pesto**. Garnish with **pepitas** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate