



Easy Pork Steak & Gravy

with Roast Veggie & Spinach Toss



Potato



Red Onion



Chopped Veggie Mix



Garlic & Herb Seasoning



Aussie Spice Blend



Pork Loin Steaks



Gravy Granules



Baby Spinach Leaves



Spring Onion

Hands-on: **10-20 mins**
Ready in: **30-40 mins**

Calorie Smart

Team succulent pork steaks with a quick and colourful roast veggie toss and a cheat's gravy and you have yourself a recipe you'll want to make on repeat.

Unfortunately, this week's chives were in short supply, so we've replaced them with spring onion. Don't worry, the recipe will be just as delicious!

Pantry items

Olive Oil, White Wine 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
potato	2	4
red onion	1	2
chopped veggie mix	1 medium bag	1 large bag
garlic & herb seasoning	1 sachet	2 sachets
Aussie spice blend	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
gravy granules	1 medium sachet	1 large sachet
boiling water*	¼ cup	½ cup
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
spring onion	1 stem	2 stems

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1761kJ (421Cal)	291kJ (70Cal)
Protein (g)	45.3g	7.5g
Fat, total (g)	3.3g	0.5g
- saturated (g)	0.9g	0.1g
Carbohydrate (g)	46.7g	7.7g
- sugars (g)	16.4g	7.7g
Sodium (mg)	1256mg	207mg

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 veggies

- Boil the kettle. Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks. Cut **red onion** into thick wedges. Place **potato, onion** and **chopped veggie mix** on a lined oven tray. Drizzle with **olive oil**. Sprinkle with the **garlic and herb seasoning** and **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

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

3



Make the gravy & toss the veggies

- Return frying pan to a low heat.
- Add **gravy granules** and the **boiling water** (1/4 cup for 2 people / 1/2 cup for 4 people) and cook, stirring, until bubbling, **1-2 minutes**. Season to taste.
- To the slightly cooled **roasted veggie** tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Gently toss to combine. Season to taste.

2



Cook the pork

- When veggies have **10 minutes** remaining, combine **Aussie spice blend** with a drizzle of **olive oil** in a medium bowl. Season, then add **pork loin steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **pork loin steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

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

4



Serve up

- Chop **spring onion**. Slice pork steak.
- Divide pork steak and roast veggie and spinach toss between plates.
- Spoon gravy over pork. Sprinkle pork with spring onion to serve.

Enjoy!

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