



Garlicky Pork & Roast Veggie Toss

with Tomato Relish & Fetta

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Brown Onion



Garlic & Herb Seasoning



Pork Loin Steaks



Mixed Salad Leaves



Tomato Relish

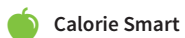


Fetta



Chicken Breast

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



Calorie Smart

Eat Me Early*

**Custom Recipe only*

Brimming with vibrant veggies, perfectly seasoned pork steaks and creamy fetta, you'll be happily eating the rainbow with this dinner. Add the finishing touch with our rich tomato relish and dig in!

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

Pantry items

Olive Oil, Honey, Balsamic Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
carrot	1	2
sweet potato	2	4
brown onion	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
honey*	½ tbs	1 tbs
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 medium bag	1 large bag
tomato relish	1 medium packet	2 medium packets
fetta	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)	2184kJ (522Cal)	360kJ (86Cal)
Protein (g)	36.9g	6.1g
Fat, total (g)	17g	2.8g
- saturated (g)	7g	1.2g
Carbohydrate (g)	54.5g	9g
- sugars (g)	33.2g	5.5g
Sodium (mg)	1324mg	218mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1975kJ (472Cal)	317kJ (76Cal)
Protein (g)	42.6g	6.8g
Fat, total (g)	9g	1.4g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	53.5g	8.6g
- sugars (g)	32.8g	5.3g
Sodium (mg)	967mg	155mg

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](https://www.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 **carrot** and **sweet potato** into small chunks.
- Cut **brown onion** into thick wedges.



4 Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. 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 set aside to rest for **5 minutes**.

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

Custom Recipe: Prepare pan as above. Cook chicken until cooked through (when no longer pink inside), 3-6 minutes each side.



2 Roast the veggies

- Divide prepped veggies between two lined oven trays. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**.



5 Toss the veggies

- To bowl with the **honey-balsamic dressing**, add **roasted veggies** and **mixed salad leaves**.
- Gently toss to coat.



3 Get prepped

- Meanwhile, in a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**. Turn to coat, then set aside.
- In a large bowl, combine the **honey** with a drizzle of **balsamic vinegar** and **olive oil**. Set aside.

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. Add to the bowl with the seasoning. Continue with the step.



6 Serve up

- Slice garlicky pork.
- Divide roast veggie toss between plates. Top with pork.
- Top with **tomato relish** and crumble over **fetta** to serve. Enjoy!

Custom Recipe: Slice the garlicky chicken, then serve as above.

Rate your recipe

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