



LEMON PEPPER PORK & CREAMY PESTO

with Roast Veggie Toss



Flavour pork with
lemon pepper



Garlic



Potato



Zucchini



Red Capsicum



Red Onion



Pork Loin Steaks



Lemon Pepper Spice Blend



Flaked Almonds



Baby Spinach Leaves



Balsamic Glaze



Creamy Pesto Dressing

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

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Bright, colourful and full of flavour - those are the makings of all the best meals, including this one! With gently spiced pork plus roasted veggies and a creamy pesto sauce to tie it all together, every bite of this delicious dinner will have you feeling satisfied and happy.

Pantry Staples: Olive Oil

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 PREP THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 1cm chunks. Thinly slice the **red capsicum**. Slice the **red onion** into 2cm wedges. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Divide the **garlic, potato, zucchini, capsicum** and **onion** between two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **25-30 minutes**.



3 FLAVOUR THE PORK

While the veggies are roasting, add the **pork loin steaks** to a medium bowl and **drizzle** with a little **olive oil**. Sprinkle with the **lemon pepper spice blend** and season with **pepper**. Toss to coat and set aside. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, stirring, until fragrant, **2-3 minutes**. Transfer to a bowl.

TIP: For the low-calorie option, omit the flaked almonds.



4 COOK THE PORK

When the veggies have **10 minutes** cook time remaining, return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**.

TIP: You can serve pork slightly blushing in the centre.



5 TOSS THE ROAST VEGGIES

In a large bowl, combine the roasted **veggies** and **baby spinach leaves**. Toss to combine and season to taste with **salt** and **pepper**.



6 SERVE UP

Thickly slice the pork steaks. Divide the roast veggie toss and lemon pepper pork between plates and drizzle with the **balsamic glaze** (see ingredients list). Sprinkle with the almonds (if using) and serve with the **creamy pesto dressing**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
potato	2	4
zucchini	1	2
red capsicum	1	2
red onion	1	2
pork loin steaks	1 packet	1 packet
lemon pepper spice blend	1 sachet	2 sachets
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30 g)	1 bag (60 g)
balsamic glaze	½ bottle	1 bottle
creamy pesto dressing	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	333kJ (80Cal)
Protein (g)	46.5g	6.8g
Fat, total (g)	19.3g	2.8g
- saturated (g)	2.2g	0.3g
Carbohydrate (g)	43.0g	6.3g
- sugars (g)	14.8g	2.2g
Sodium (g)	387mg	56mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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