

LEMON PEPPER PORK & CREAMY PESTO

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

with Roast Veggie Toss

feeling satisfied and happy.





Flavour pork with lemon pepper









Red Capsicum







Lemon Pepper Spice Blend



Flaked Almonds



Baby Spinach

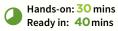


Balsamic Glaze



Creamy Pesto Dressing

Pantry Staples: Olive Oil







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



PREP THE VEGGIES Preheat the oven to 240°C/220°C fanforced. 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.



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



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.



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.



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!

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
at, 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**

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