



Middle Eastern Pork & Cauli Rice Toss

with Roast Root Veggies & Mayo

Grab your Meal Kit with this symbol



Carrot



Beetroot



Garlic



Ras El Hanout



Baby Spinach Leaves



Pork Loin Steaks

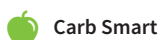


Mayonnaise



Cauliflower Rice

Prep in: 20-30 mins
Ready in: 35-45 mins



Boasting the perfect balance of cumin, paprika, coriander and turmeric, our ras el hanout is all you need to give pork loin steaks some Middle Eastern flair. Serve over a fluffy cauli rice, studded with roasted carrot and beetroot for a sweet and earthy burst of flavour with every bite. A drizzle of mayo brings it all together, and adds that creaminess we know you want.

Pantry items

Olive Oil, Honey, 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
carrot	1	2
beetroot	1	2
garlic	1 clove	2 cloves
ras el hanout	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
mayonnaise	1 medium packet	1 large packet
honey*	1 tsp	2 tsp
cauliflower rice	1 packet (250g)	1 packet (500g)
salt*	¼ tsp	½ tsp
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1848kJ (442Cal)	363kJ (87Cal)
Protein (g)	40.8g	8g
Fat, total (g)	20.5g	4g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	21.2g	4.2g
- sugars (g)	19.7g	3.9g
Sodium (mg)	1144mg	225mg
Dietary Fibre (g)	8.8g	1.7g

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot** into bite-sized chunks. Cut **beetroot** into small chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**.

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



Cook the cauliflower rice

- Wipe out frying pan, then return to high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**.
- Add **cauliflower rice** and cook, stirring, until softened, **2-4 minutes**.
- Season with the **salt**, then remove pan from heat.



Get prepped

- Meanwhile, finely chop **garlic**. Set aside.
- In a medium bowl, combine **ras el hanout**, a pinch of **salt** and **pepper** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat. Set aside.
- In a small bowl combine **mayonnaise** and a splash of **water**.



Add the veggies

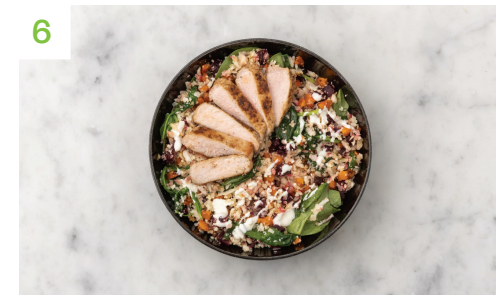
- When the roast **veggies** are done, transfer to the pan with the **cauliflower rice**.
- Add **baby spinach leaves** and a drizzle of **white wine vinegar** and **olive oil**.
- Stir to combine. Season to taste.



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork loin steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat. Add the **honey**, gently turning **pork** to coat.
- Transfer **pork** to a plate. Cover and set aside to rest for **5 minutes** (pork can be served slightly blushing pink in the centre).

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Serve up

- Slice Middle Eastern pork.
- Divide cauli rice toss with roast root veggies between bowls. Top with pork.
- Drizzle with the mayo. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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