



Mustard Pork & Roast Veggie Salad

with Creamy Pesto Dressing & Flaked Almonds

Grab your Meal Kit with this symbol



Carrot



Beetroot



Potato



Capsicum



Garlic & Herb Seasoning



Baby Spinach Leaves



Flaked Almonds



Wholegrain Mustard

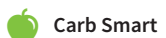


Pork Strips



Creamy Pesto Dressing

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



We love the texture and tang of wholegrain mustard, and so do tonight's pork strips. Add a touch of honey to mellow out the mustard's acidity and you have a stellar salad topper. Finish the dish with our creamy basil pesto, plus a sprinkle of flaked almonds for crunch.

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
potato	1	2
capsicum	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork strips	1 small packet	1 large packet
honey*	1 tsp	2 tsp
wholegrain mustard	1 packet	2 packets
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2558kJ (611Cal)	406kJ (97Cal)
Protein (g)	41.2g	6.5g
Fat, total (g)	31.3g	5g
- saturated (g)	4.9g	0.8g
Carbohydrate (g)	37.5g	5.9g
- sugars (g)	23g	3.6g
Sodium (mg)	1404mg	223mg
Dietary Fibre (g)	13.9g	2.2g

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.



Get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Thickly slice **carrot** into half-moons.
- Cut **beetroot** into small chunks.
- Cut **potato** and **capsicum** into bite-sized chunks.



Flavour the pork

- Remove pan from heat, return all **pork** to pan, then add the **honey** and **wholegrain mustard**.
- Toss to combine and coat the pork. Season to taste.



Roast the veggies

- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **salt** and **pepper**. Toss to combine.
- Roast until tender, **25-30 minutes**.
- Set aside to cool slightly.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when you can easily pierce it with a fork.



Toss the salad

- To the roast **veggie** tray, add **baby spinach leaves** and a drizzle of **white wine vinegar**.
- Toss to combine.



Cook the pork

- While the roast veggies are cooling, heat a large frying pan over high heat with a drizzle of **olive oil**.
- Cook **pork strips**, in batches, until golden, **2-3 minutes**.
- Transfer to a bowl.

TIP: Cooking the pork in batches over a high heat ensures a tender result.



Serve up

- Divide roast veggie salad between plates. Top with mustard pork.
- Drizzle with **creamy pesto dressing** and sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW40

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