



# Ras El Hanout Pork

with Dukkah Roast Veggie Toss & Garlic Aioli

NEW

DIETITIAN APPROVED\*

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Beetroot



Dukkah



Ras El Hanout



Pork Loin Steaks



Baby Spinach Leaves



Garlic Aioli



Haloumi

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

We set out to make a dish that incorporates as many vibrant and colourful veggies as possible and it looks like we've achieved just that! This one tastes just as good as it looks, with ras el hanout-spiced pork (which is seared to perfection) and a veggie toss with the likes of potato, carrot, zucchini and beetroot.

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

### Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

## 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
beetroot	1	2
dukkah	1 medium sachet	1 large sachet
ras el hanout	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
<b>honey*</b>	½ tbs	1 tbs
baby spinach leaves	1 small bag	1 medium bag
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2845kJ (680Cal)	469kJ (112Cal)
Protein (g)	38.5g	6.3g
Fat, total (g)	40.8g	6.7g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	38.7g	6.4g
- sugars (g)	20.1g	3.3g
Sodium (mg)	972mg	160mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3028kJ (724Cal)	554kJ (132Cal)
Protein (g)	28.1g	5.1g
Fat, total (g)	50.4g	9.2g
- saturated (g)	17.1g	3.1g
Carbohydrate (g)	38.9g	7.1g
- sugars (g)	20.6g	3.8g
Sodium (mg)	1562mg	286mg

The quantities provided above are averages only.

\*Custom recipe is not Dietitian Approved

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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!

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## Prep the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato**, **carrot** and **zucchini** into bite-sized chunks. Cut **beetroot** into 1cm chunks.

**Custom Recipe:** If you've swapped to haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When the oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Remove from heat, add **honey** and turn to coat.
- Transfer to a plate to rest for **5 minutes**.

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. In the last minute, add honey and turn to coat.



## Roast the veggies

- Place **veggies** on a lined oven tray.
- Drizzle with **olive oil**, sprinkle over **dukkah** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide veggies between two trays.



## Toss the veggies

- When the veggies are done, add **baby spinach leaves** and a drizzle of **vinegar** to the tray. Toss to combine.



## Flavour the pork

- Meanwhile, in a medium bowl, combine **ras el hanout**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **pork loin steaks** and toss to coat.

**Custom Recipe:** Drain haloumi and pat dry. Combine haloumi with spice blend as above, turning to coat.



## Serve up

- Slice pork.
- Divide dukkah roast veggie toss between plates.
- Top with ras el hanout crusted pork.
- Dollop over **garlic aioli** to serve. Enjoy!

## Rate your recipe

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