



Mediterranean Pork & Warm Pesto Risoni Salad

with Kalamata Olives & Fetta

MEDITERRANEAN

Grab your Meal Kit with this symbol



Risoni



Chicken-Style Stock Powder



Tomato



Baby Spinach Leaves



Kalamata Olives



Nan's Special Seasoning



Pork Loin Steaks



Basil Pesto



Fetta Cubes



Prawns

Prep in: 20-30 mins
Ready in: 25-35 mins



Calorie Smart*
*Custom Recipe only



Eat Me First

A warm pesto risoni salad is the perfect dish to really warm you from the inside out! Packed with fresh basil pesto, tender pork and with some perfectly Mediterranean sides; olives and fetta, you'll feel like you're dining in the Mediterranean!

CUSTOM RECIPE

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

Pantry items

Olive Oil

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
risoni	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
tomato	1	2
baby spinach leaves	1 medium bag	1 large bag
kalamata olives	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
basil pesto	1 medium packet	2 medium packets
fetta cubes	1 large packet	2 large packets
prawns**	1 packet (200g)	2 packets (400g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3287kJ (786Cal)	858kJ (205Cal)
Protein (g)	46.1g	12g
Fat, total (g)	38.3g	10g
- saturated (g)	10.9g	2.8g
Carbohydrate (g)	61.4g	16g
- sugars (g)	4.2g	1.1g
Sodium (mg)	2240mg	585mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2626kJ (628Cal)	789kJ (189Cal)
Protein (g)	32.4g	9.7g
Fat, total (g)	25.6g	7.7g
- saturated (g)	5.9g	1.8g
Carbohydrate (g)	60.4g	18.1g
- sugars (g)	3.8g	1.1g
Sodium (mg)	2447mg	735mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the risoni

- Half-fill a large saucepan with water, then bring to the boil over high heat.
- Cook **risoni** in boiling water until 'al dente', **7-8 minutes**.
- Drain **risoni**, then return to saucepan. Add **chicken-style stock powder** and a drizzle of **olive oil**, stirring to coat.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.

2



Get prepped

- Meanwhile, roughly chop **tomato**, **baby spinach leaves** and **kalamata olives**.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Season with **salt** and **pepper**, then add **pork loin steaks**, turning to coat.

Custom Recipe: If you've upgraded to peeled prawns, combine prawns with Nan's special seasoning as above.

4



Toss and serve

- To the saucepan with risoni, add tomato, olives, baby spinach leaves, **basil pesto** and pork resting juices, tossing to combine. Season to taste.
- Slice pork steak.
- Divide warm pesto risoni salad between bowls. Top with seasoned pork.
- Crumble over **fetta cubes** to serve. Enjoy!

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