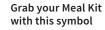
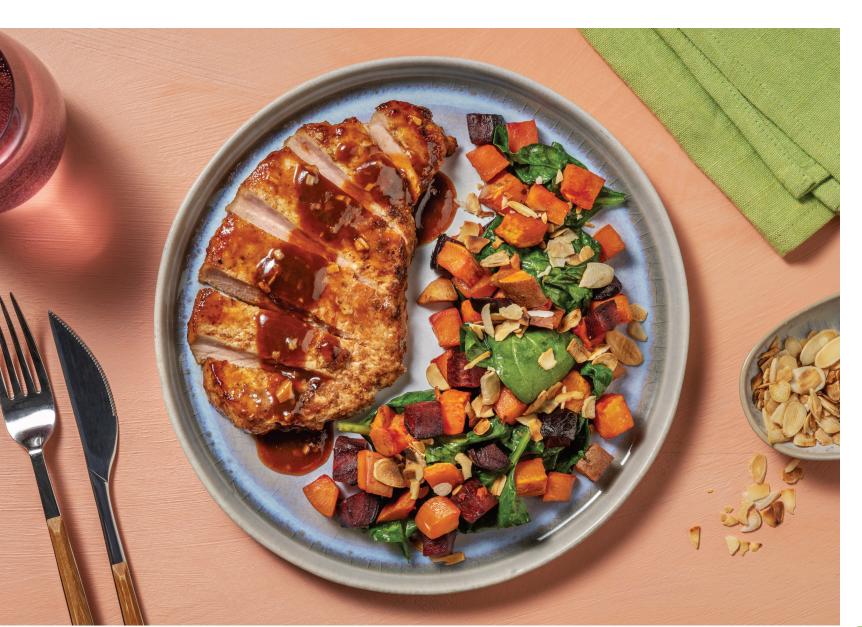
# Sweet & Savoury Glazed Pork with Roast Veggie Toss & Flaked Almonds









Sweet Potato













Pork Loin

Steaks

**Baby Spinach** Leaves

Blend



Sweet & Savoury



Flaked Almonds



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

Calorie Smart\* \*Custom Recipe is not Calorie Smart Sear juicy pork steaks with our Aussie spice blend, then whip up a sweet and savoury, garlic-infused glaze to pour over them just before serving, and you'll be saying "Yum" with every mouthful.

**Pantry items** 

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

## 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

ingi ediente			
2 People	4 People		
refer to method	refer to method		
2	4		
1	2		
1	2		
1 clove	2 cloves		
1 medium sachet	1 large sachet		
1 small packet	1 large packet		
1 medium packet	1 large packet		
2 tsp	4 tsp		
1 tbs	2 tbs		
1 tbs	2 tbs		
1 small bag	1 medium bag		
drizzle	drizzle		
1 medium packet	1 large packet		
1 packet	2 packets		
	2 People refer to method 2 1 1 1 clove 1 medium sachet 1 small packet 1 medium packet 2 tsp 1 tbs 1 tbs 1 small bag drizzle 1 medium packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2445kJ (584Cal)	399kJ (95Cal)
Protein (g)	36.7g	6g
Fat, total (g)	21.2g	3.5g
- saturated (g)	6.3g	1g
Carbohydrate (g)	59.6g	9.7g
- sugars (g)	39.4g	6.4g
Sodium (mg)	1184mg	193mg
0 1 5 1		

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2803kJ (670Cal)	489kJ (117Cal)
Protein (g)	22.9g	4g
Fat, total (g)	27.9g	4.9g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	78.1g	13.6g
- sugars (g)	39.9g	7g
Sodium (mg)	1521mg	266mg

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





# Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato into bite-sized chunks. Cut beetroot and carrot into bite-sized 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:** If your oven tray is crowded, divide the veggies between two trays.

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



# Get prepped

- While the veggies are roasting, finely chop **garlic**.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil. Add pork loin steaks and turn to coat.

**Custom Recipe:** If you've swapped to plant-based crumbed chicken, combine the plant-based chicken with the Aussie spice blend as above.



# 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 enough olive oil to coat the base over medium-high heat. Cook plant-based crumbed chicken until golden and heated through, 2-3 minutes on each side. Transfer to a paper towel-lined plate.



## Make the glaze

- In a small bowl, combine garlic,
   sweet & savoury glaze, the balsamic vinegar,
   the brown sugar and the water.
- Return frying pan to medium heat with a drizzle of olive oil. Cook the glaze mixture until slightly thickened, 1 minute.
- Remove pan from heat, then return pork and any resting juices to the pan and turn to coat in the glaze.



# Toss the veggies

- To the tray with the roasted veggies, add baby spinach leaves and a drizzle of the white wine vinegar.
- Gently toss to combine.



# Serve up

- · Slice the sticky glazed pork.
- Divide pork and roast veggie toss between plates. Top the veggie toss with flaked almonds.
- Spoon sticky glaze over pork to serve. Enjoy!

**Custom Recipe:** Drizzle glaze over crumbed plant-based chicken to serve.



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