



# Sweet & Savoury Glazed Pork

with Roast Veggie Toss & Flaked Almonds

Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Carrot



Garlic



Aussie Spice Blend



Pork Loin Steaks



Sweet & Savoury Glaze



Baby Spinach Leaves



Flaked Almonds



Plant-Based Crumbed Chicken

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.

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

### 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

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
beetroot	1	2
carrot	1	2
garlic	1 clove	2 cloves
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
sweet & savoury glaze	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	2 tsp	4 tsp
<b>brown sugar*</b>	1 tbs	2 tbs
<b>water*</b>	1 tbs	2 tbs
baby spinach leaves	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet
plant-based crumbed chicken**	1 packet	2 packets

\*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

### 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](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!

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.



## 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.



## 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.



## 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.



## 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.



## 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.

## Rate your recipe

Did we make your tastebuds happy?

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