

Almond-Crusted Pork & Roast Veggie Salad

with Dijon Aioli Dressing

Grab your Meal Kit with this symbol



Carrot



Zucchini



Capsicum



Red Onion



Chicken-Style Stock Powder



Garlic Aioli



Dijon Mustard



Roasted Almonds



Pork Loin Steaks



Spinach & Rocket Mix

 Hands-on: **20-30 mins**
Ready in: **40-50 mins**

 Carb Smart

 Naturally Gluten-Free
Not suitable for coeliacs

Almond-crusted pork steaks are the star of this meal, with bright roasted veggies adding some welcome freshness to your table. Enjoy this new low-carb plate of deliciousness!

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
zucchini	1	2
capsicum	1	2
red onion	1	2
chicken-style stock powder	1 medium sachet	1 large sachet
garlic aioli	1 packet (50g)	1 packet (100g)
honey*	1 tsp	2 tsp
white wine vinegar*	1 tsp	2 tsp
Dijon mustard	½ packet (7.5g)	1 packet (15g)
roasted almonds	1 medium packet	1 large packet
pork loin steaks	1 small packet	1 large packet
spinach & rocket mix	1 medium bag (60g)	1 large bag (120g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2465kJ (589Cal)	404kJ (97Cal)
Protein (g)	45.2g	7.4g
Fat, total (g)	33.7g	5.5g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	22.3g	3.7g
- sugars (g)	20.4g	3.7g
Sodium (mg)	715mg	117mg
Dietary Fibre	17.5g	2.9g

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.



1 Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **carrot** and **zucchini** into rounds. Thinly slice the **capsicum**. Cut the **red onion** into thick wedges. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **chicken-style stock powder** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.

TIP: If the veggies don't fit in a single layer, divide them between two trays!



4 Cook the pork

Heat a drizzle of **olive oil** in a large frying pan over a medium heat. Cook the **pork steaks** until cooked through, **4-6 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: Pork can be served slightly blushing pink in the centre.



2 Make the dressing

While the veggies are roasting, combine the **garlic aioli**, **honey**, **white wine vinegar** and **Dijon mustard** (see ingredients) in a small bowl. Add a splash of **water** and a drizzle of **olive oil**. Stir to combine. Season to taste.



3 Prep the pork

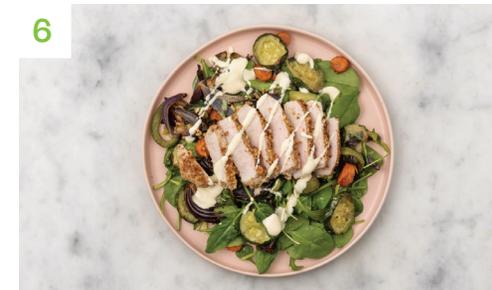
Crush the **roasted almonds** in their sachet using a rolling pin or with a pestle and mortar, until they resemble fine crumbs. In a medium bowl, combine the **pork loin steaks**, **crushed almonds** and a drizzle of **olive oil**. Season, then turn and press the **pork** to coat.



5 Toss the salad

In a bowl, combine the **roasted veggies** and **spinach & rocket mix**. Season and toss.

TIP: Combine everything on the veggie tray instead to save on washing up!



6 Serve up

Slice the almond-crusted pork. Divide the roast veggie salad between plates. Top with the pork (plus any resting juices!). Serve drizzled with Dijon aioli dressing.

Enjoy!

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