



# Almond-Crusted Pork & Roast Veggie Salad

with Dijon Aioli Dressing

Grab your Meal Kit  
with this symbol



Carrot



Zucchini



Cherry Tomatoes



Brown 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  
Naturally Gluten-Free  
Not suitable for coeliacs

Carb Smart

You could sear some plain pork steaks for dinner...or you could press them in crushed roasted almonds before putting them in the pan. The result is a nutty, almost buttery crust that contrasts perfectly with the acidity of the dressing.

***Harsh weather has impacted some veggies grown by our farmers. We've replaced capsicum with cherry tomatoes, and the zucchini may be a little smaller than usual. The quality and freshness is still the same, and the recipe will be just as delicious!***

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
cherry tomatoes	1 punnet	2 punnets
brown 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	1 large bag

\*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	12.6g	2.1g

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](http://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **carrot** and **zucchini** into thick rounds. Halve the **cherry tomatoes**. Cut the **brown 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 your oven tray is crowded, divide the veggies between two trays.



### 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, then season to taste.



### 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.



### Toss the salad

In a medium bowl, combine the roasted **veggies** and **spinach & rocket mix**. Gently toss to coat, then season to taste.

**TIP:** Toss the salad on the veggie tray instead to save on washing up!



### 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 **crushed almonds** and a drizzle of **olive oil**. Add the **pork loin steaks**. Season, then turn and press to coat.



### Serve up

Slice the almond-crusted pork. Divide the roast veggie salad between plates. Top with the pork, spooning over any resting juices. Drizzle with the Dijon aioli dressing to serve.

### Enjoy!

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