

Almond-Crusted Pork & Roast Veggie Salad

with Dijon Aioli Dressing

Grab your Meal Kit
with this symbol



Carrot



Zucchini



Beetroot



Onion



Chicken-Style
Stock Powder



Garlic Aioli



Dijon Mustard



Roasted Almonds



Pork Loin
Steaks



Mixed
Leaves

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

 Carb Smart

 Naturally Gluten-Free
Not suitable for coeliacs

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.

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
beetroot	1	2
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
mixed leaves	1 medium bag	1 large bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2432kJ (581Cal)	434kJ (104Cal)
Protein (g)	44.7g	8g
Fat, total (g)	33.6g	6g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	21.5g	3.8g
- sugars (g)	19.6g	3.5g
Sodium (mg)	715mg	128mg
Dietary Fibre (g)	12.3g	2.2g

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.



Roast the veggies

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot** and **zucchini** into rounds. Cut **beetroot** into small cubes. Cut **onion** into thick wedges. Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **chicken-style stock powder** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to slightly cool.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Make the dressing

Meanwhile, combine **garlic aioli**, the **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, then set aside.



Prep the pork

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



Cook the pork

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

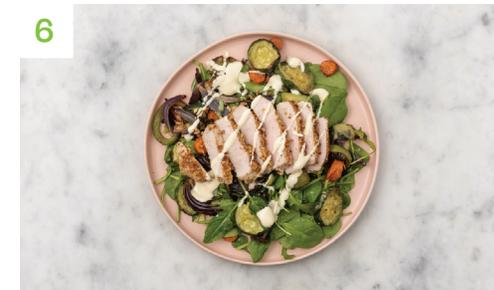
TIP: Pork can be served slightly blushing pink in the centre.



Toss the salad

In a medium bowl, combine slightly cooled roasted **veggies** and **mixed leaves**. Gently toss, then season to taste.

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



Serve up

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

Enjoy!

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