



AMERICAN SPICED PORK STEAKS

with Roast Veggie & Baby Spinach Medley



Toss veggies with garlic aioli for extra flavour



Potato



Red Capsicum



Carrot



Corn



Pork Loin Steaks



All-American Spice Blend



Flaked Almonds



Chives



Baby Spinach Leaves



Smokey Aioli

Pantry Staples: Olive Oil

Hands-on: **25 mins**
Ready in: **40 mins**

Low calorie

N4 Naturally gluten-free
Not suitable for Coeliacs

Sweet and mild All-American spices add a ton of flavour to these pork steaks. Combined with a colourful roast veggie mixture tossed with baby spinach, and a delicate smoky aioli on the side, this is a modern and delicious combination that will be happily devoured by all.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **two oven trays** lined with **baking paper** • **large frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Cut the **red capsicum** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm-thick rounds. **TIP:** *Cut the veggies to the correct size so they cook in the allocated time.* Place the potato, capsicum, carrot and **corn** cob over two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with the **salt** and a **good pinch** of **pepper**. Toss to coat, then spread out in a single layer and roast, tossing halfway through, until tender, **25-30 minutes**.



4 COOK THE PORK

Return the frying pan to a medium-high heat. Add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). **TIP:** *The spice blend may char in the pan, this adds to the flavour!* Transfer to a plate, cover and set aside to rest.



2 FLAVOUR THE PORK

While the veggies are roasting, combine the **pork loin steaks** and **All-American spice blend** in a large bowl. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Set aside.



5 BRING IT ALL TOGETHER

Finely chop the **chives**. When the **corn** is cool enough to handle, slice the corn kernels from the cob. Transfer the roasted **veggies** to a large bowl with the corn, **baby spinach leaves** and **1/2** the chives. Add **1/4** of the **smokey aioli** and toss to coat. Season to taste with **salt** and **pepper**.



3 TOAST THE ALMONDS

When the veggies have **15 minutes** cook time remaining, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl.



6 SERVE UP

Slice the spiced pork steaks. Divide the pork and roast veggie toss between plates. Sprinkle the roast veggie toss with the flaked almonds and remaining chives. Serve with the remaining smokey aioli.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
red capsicum	1
carrot	2
corn	1
pork loin steaks	1 packet
All-American spice blend	1 sachet
flaked almonds	1 packet
chives	1 bunch
baby spinach leaves	1 bag (60 g)
smokey aioli	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2260kJ (541Cal)	446kJ (106Cal)
Protein (g)	44.2g	8.7g
Fat, total (g)	22.3g	4.4g
- saturated (g)	2.5g	0.5g
Carbohydrate (g)	38.8g	7.6g
- sugars (g)	9.4g	1.9g
Sodium (g)	347mg	68mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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