



Aussie Pork & Pumpkin Wedges

with Almonds, Apple Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



-  Butternut Pumpkin
-  Apple
-  Dill & Parsley Mayonnaise
-  Aussie Spice Blend
-  Pork Loin Steaks
-  Deluxe Salad Mix
-  Flaked Almonds
-  Haloumi

-  Hands-on: **20-30 mins**
-  Ready in: **30-40 mins**
-  Naturally Gluten-Free
- Not suitable for coeliacs*
-  Carb Smart

You've never had pumpkin quite like this before! Coat pumpkin wedges with honey then roast them until golden and meet the perfect accompaniment for tender pork steaks. Add a crisp apple salad and a herby mayo to round out this surprisingly low-carb meal.

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

Pantry items

Olive Oil, Honey, Balsamic 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
butternut pumpkin	1 medium	1 large
honey*	1 tsp	2 tsp
apple	½	1
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)
Aussie spice blend	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
balsamic vinegar*	drizzle	drizzle
deluxe salad mix	1 medium bag	1 large bag
flaked almonds	1 medium packet	1 large packet
haloumi**	1 packet	2 packets

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2381kJ (569Cal)	426kJ (102Cal)
Protein (g)	44.9g	8g
Fat, total (g)	28.1g	5g
- saturated (g)	3.4g	0.6g
Carbohydrate (g)	29.9g	5.6g
- sugars (g)	23.6g	5.5g
Sodium (mg)	583mg	104mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (603Cal)	504kJ (120Cal)
Protein (g)	27.3g	5.4g
Fat, total (g)	39.7g	7.9g
- saturated (g)	16.1g	3.2g
Carbohydrate (g)	32.7g	6.5g
- sugars (g)	25.0g	5.0g
Sodium (mg)	1260mg	252mg

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.



Bake the pumpkin

Preheat the oven to **240°C/220°C fan-forced**. Slice the **butternut pumpkin** into thin wedges. Place on a lined oven tray. Drizzle with **olive oil** and the **honey** and season with **salt**. Toss to coat, then roast until tender, **25-30 minutes**.



Get prepped

While the pumpkin is baking, slice the **apple** (see ingredients) into thin sticks. In a small bowl, combine the **dill & parsley mayonnaise** with a small splash of water. Set aside.



Prep the pork

In a medium bowl, combine the **Aussie spice blend** with a drizzle of **olive oil** and a pinch of **pepper**. Add the **pork loin steaks**, turning to coat.

CUSTOM RECIPE

If you've swapped to haloumi, pat the haloumi dry, then prep as above.



Cook the pork

When the pumpkin has **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a medium heat. Cook the **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Set aside on a plate and cover with foil to rest.

TIP: Don't worry if your pork gets a little charred during cooking. This adds to the flavour!

CUSTOM RECIPE

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Make the salad

While the pork is cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a large bowl. Add the **apple** and **deluxe salad mix**. Season, then toss to coat.



Serve up

Slice the Aussie pork. Divide the pork, pumpkin wedges and apple salad between plates, spooning any resting juices over the pork. Sprinkle the **flaked almonds** over the pumpkin. Drizzle with some dill-parsley mayo, serving the remainder on the side.

CUSTOM RECIPE

Slice the haloumi, then serve as above.

Enjoy!

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