



Easy Berbere & Honey Pork

with Garlic & Herb Roast Veggie Toss

Grab your Meal Kit with this symbol



Potato



Chopped Veggie Mix



Garlic & Herb Seasoning



Berberese Seasoning



Greek-Style Yoghurt



Pork Loin Steaks



Baby Spinach Leaves

Hands-on: **15-25 mins**
 Ready in: **30-40 mins**

Calorie Smart

Meet our Berbere spice - a complex blend of peppers, cardamom, clove, cinnamon, fenugreek and coriander. It does an amazing job in coating tender pork strips, making this meal all about the little differences. Along with a flavourful roast veggie toss and a refreshing yoghurt drizzle, it'll sure become a household hit!

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
potato	3	6
chopped veggie mix	1 packet	1 packet
garlic & herb seasoning	1 sachet	1 sachet
Berbere seasoning	1 sachet	2 sachets
Greek-style yoghurt	1 medium packet	1 large packet
pork loin steaks	1 packet	1 packet
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1710kJ (408Cal)	287kJ (68Cal)
Protein (g)	44.9g	7.5g
Fat, total (g)	6.1g	1g
- saturated (g)	2.5g	0.4g
Carbohydrate (g)	43.6g	7.3g
- sugars (g)	9.6g	1.6g
Sodium (mg)	1009mg	169mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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 oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks. Place **potato** and **chopped veggie mix** on a lined oven tray.
- Sprinkle over **garlic & herb seasoning**, drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

3



Make the yoghurt drizzle

- While pork is cooking, combine remaining **yoghurt** and a drizzle of **olive oil** in a small bowl. Season to taste.

2



Cook the pork

- When veggies have **10 minutes** cook time remaining, combine **Berbere seasoning**, a dollop of **Greek-style yoghurt** and a drizzle of **olive oil** in a medium bowl. Season, then add **pork loin steaks** and toss to combine.
- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). In the last **minute**, add **honey** and turn pork to coat.
- Transfer pork to a plate and cover to rest for **5 minutes**.

4



Serve up

- Slice Berbere and honey pork.
- Add **baby spinach leaves** and a drizzle of **white wine vinegar** to veggies and toss to combine. Season to taste.
- Divide roast veggie toss between plates. Top with pork.
- Drizzle over yoghurt.

Enjoy!