



# Chermoula Spiced Pork & Roasted Veggie Toss

with Garlic Yoghurt & Hazelnuts

Grab your Meal Kit with this symbol



Brown Onion



Beetroot



Peeled & Chopped Pumpkin



Chermoula Spice Blend



Pork Loin Steaks



Garlic



Yoghurt



Roasted Hazelnuts



Baby Spinach Leaves

Hands-on: 30-40 mins  
Ready in: 35-45 mins

Low Calorie

This meal is all about the little differences – the chermoula spicing up the pork, the dukkah and hazelnuts jazzing up the veggies and the garlic that turns yoghurt into your new favourite accompaniment.

### Pantry items

Olive Oil

## 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  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
brown onion	1 (medium)	1 (large)
beetroot	1	2
peeled & chopped pumpkin	1 packet (400g)	1 packet (800g)
chermoula spice blend	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
garlic	2 cloves	4 cloves
yoghurt	1 small packet	1 large packet
roasted hazelnuts	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2130kJ (509Cal)	397kJ (95Cal)
Protein (g)	46.8g	8.7g
Fat, total (g)	21.9g	4.1g
- saturated (g)	4.0g	0.7g
Carbohydrate (g)	27.2g	5.1g
- sugars (g)	19.8g	3.7g
Sodium (mg)	711mg	133mg

### 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 the oven to **220C/200C fan-forced**. Slice the **brown onion** into 3cm wedges. Cut the **beetroot** (unpeeled) into 1cm chunks. Place the **peeled & chopped pumpkin, beetroot** and **onion** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



## 4. Cook the pork

Return the pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, add the **pork steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

**TIP:** The spice blend will char lightly in the pan, this adds to the flavour!

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



## 2. Flavour the pork

While the veggies are roasting, combine the **chermoula spice blend**, a **drizzle** of **olive oil** and the **salt** in a medium bowl. Add the **pork loin steaks** and toss to coat.



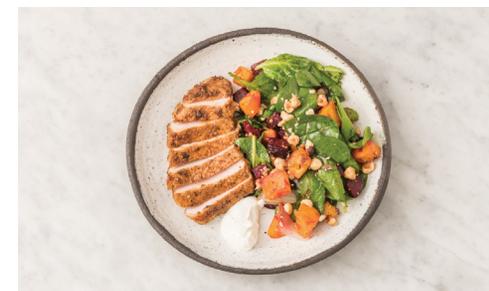
## 3. Make the garlic yoghurt

Finely chop the **garlic** (or use a garlic press). Heat a medium frying pan over a low heat with **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Add the **garlic** and cook until fragrant, **1 minute**. Transfer the **garlic oil** to a bowl and add the **yoghurt**. Mix well to combine and season to taste. Set aside.



## 5. Make the roast veggie toss

While the pork is resting, roughly chop the **roasted hazelnuts**. In a medium bowl, combine the roasted **veggies, baby spinach leaves** and **hazelnuts**.



## 6. Serve up

Thickly slice the pork. Divide the roasted veggie toss and chermoula spiced pork between plates. Spoon any resting juices over the pork and serve with the garlic yoghurt.

**Enjoy!**