



# Garlic & Herb Pork

with Pesto Spinach Veggies

Grab your Meal Kit with this symbol



Potato



Capsicum



Garlic & Herb Seasoning



Pork Loin Steaks



Red Onion



Basil Pesto



Baby Spinach Leaves



Chicken Breast

Hands-on: **25-35 mins**  
 Ready in: **35-45 mins**

Calorie Smart

Naturally Gluten-Free  
*Not suitable for coeliacs*

What's a quick and easy way to make succulent pork bursting with flavour? Add our classic garlic and herb seasoning that's hard to beat, and then team it with roasted potatoes dressed in our basil pesto for a meal that's all kinds of yum!



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

### Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar

## 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
potato	2	4
capsicum	1	2
garlic & herb seasoning	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
basil pesto	1 packet (50g)	1 packet (100g)
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1920kJ (459Cal)	308kJ (74Cal)
Protein (g)	45.1g	7.2g
Fat, total (g)	10.4g	1.7g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	41.2g	6.6g
- sugars (g)	15g	6.6g
Sodium (mg)	489mg	79mg

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1939kJ (463Cal)	304kJ (72Cal)
Protein (g)	45.8g	7.2g
Fat, total (g)	10.7g	1.7g
- saturated (g)	1.9g	0.3g
Carbohydrate (g)	42g	6.6g
- sugars (g)	15.8g	2.5g
Sodium (mg)	488mg	77mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## 1 Roast the veggies

Preheat the oven to **220°C/200°C fan forced**. Cut the **potato** into bite-sized chunks. Slice the **capsicum** into thick strips. Place the **potato** and **capsicum** a lined oven tray. Top with a drizzle with **olive oil** and a sprinkle of **salt** and **pepper**. Toss to coat. Spread into an even layer and roast until tender, **20-25 minutes**.



## 4 Cook the pork

Wash out the frying pan. Heat a drizzle of **olive oil** in the pan over a a medium-high heat. Add the **pork steaks** and cook through, **3-4 minutes** each side (depending on thickness). Set aside on a plate and cover with foil to rest.

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

## CUSTOM RECIPE

Prepare the pan as above. Cook the chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

**TIP:** Chicken is cooked through when it's no longer pink inside.



## 2 Season the pork

In a large bowl, combine the **garlic & herb seasoning**, **pork loin steaks** and a drizzle of **olive oil**. Toss to coat.

## CUSTOM RECIPE

If you've swapped to chicken breast, place your hand flat on top of the chicken and slice through horizontally to make two thin steaks. Season the chicken, as above.



## 5 Assemble the pesto spinach veggies

Transfer the **roasted veggies** to a large bowl. Combine with the **basil pesto** and **baby spinach leaves**. Season, then toss to combine.



## 3 Caramelize the onion

Thinly slice the **red onion**. In a medium frying pan, heat a drizzle of **olive oil** over a medium heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **balsamic vinegar** (for the onion), **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



## 6 Serve up

Thinly slice the pork. Divide the pesto spinach veggies between plates and top with the pork. Spoon over any resting juices from the pork. Serve topped with the caramelised onions.

## Enjoy!

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