



# HERBED PORK

with Roast Pesto Vegetables



Add pesto to a roast vegetable toss



Sweet Potato



Zucchini



Garlic



Pork Loin



Italian Herbs



Baby Spinach Leaves



Traditional Pesto



Lemon

*Pantry Staples*



Olive Oil

Hands-on: 30 mins  
Ready in: 50 mins

For this supper, get your prep out of the way and pop the sweet potatoes in a hot oven to do their thing. Then you can sit back and relax for while – grab a wine, water the garden or just stare off into the middle distance and smell the aromas developing. The whole feast comes together in the final 10 minutes - delish!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fine grater, oven tray lined with baking paper, medium bowl, tongs, large frying pan, plate, aluminium foil** and a **large bowl**.



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** (unpeeled) into 1 cm cubes. Chop the **zucchini** into 2 cm cubes. Peel and finely grate the **garlic**. Slice the **lemon** into wedges.



### 2 ROAST THE VEGGIES

Place the **sweet potato** and the **zucchini** on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to cook for **20-25 minutes**, or until golden and tender.



### 3 MARINATE THE PORK

While the veggies are cooking, add the **pork loin steaks**, the **garlic**, the **Italian herbs** (use suggested amount) and a **drizzle** of **olive oil** to a medium bowl. Toss to coat the pork. **TIP:** Feel free to keep a few pork steaks plain for fussy children.



### 4 COOK THE PORK STEAKS

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Once hot, add the marinated **pork steaks** and cook for **2-3 minutes** on each side (depending on thickness), or until cooked through. **TIP:** It's okay to serve pork blushing pink in the centre. Set aside on a plate and cover with foil to rest for **5 minutes**.



### 5 ADD PESTO TO THE VEGGIES

In a large bowl, combine the **sweet potato**, the **zucchini** and the **baby spinach leaves**. Add the **traditional pesto** and toss to coat the veggies. Season to taste with a **pinch** of **salt** and **pepper**.



### 6 SERVE UP

Divide the roast pesto vegetables between plates and top with the pork. Squeeze over the juice of a lemon wedge to taste.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	800 g
zucchini	1
garlic	2 cloves
lemon	1
pork loin	1 packet
Italian herbs	½ sachet (1 tsp)
baby spinach leaves	1 bag
traditional pesto	1 tub (75 g)

\*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2230kJ (532Cal)	423kJ (101Cal)
Protein (g)	43.6g	8.3g
Fat, total (g)	21.2g	4.0g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	38.0g	7.2g
- sugars (g)	15.4g	2.9g
Sodium (mg)	197mg	37mg

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