



Seared Pork & Parmesan Potatoes

with Roast Veggie Toss & Garlic Yoghurt

Grab your Meal Kit with this symbol



Red Onion



Potato



Parsnip



Carrot



Chicken-Style Stock Powder



Grated Parmesan Cheese



Garlic



Yoghurt



Garlic & Herb Seasoning



Pork Loin Steaks



Parsley



Baby Spinach Leaves

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

Low Calorie

Infuse yoghurt with an aromatic garlic oil, then garnish it with parsley for the perfect topping on tender seared pork loin steaks. With a hearty side of cheesy potatoes and sweet roasted veggies, this classic meal is simple yet stunning.

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

Two oven trays lined with baking paper ·
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
potato	2	4
parsnip	1	2
carrot	1	2
chicken-style stock powder	1 sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic	1 clove	2 cloves
yoghurt	1 small packet	1 large packet
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
parsley	1 bunch	1 bunch
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2180kJ (521Cal)	334kJ (80Cal)
Protein (g)	53.0g	8.1g
Fat, total (g)	9.6g	1.5g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	49.8g	7.6g
- sugars (g)	15.5g	2.4g
Sodium (mg)	685mg	105mg

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. Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **red onion** into 2cm wedges. Cut the **potato** and **parsnip** (both unpeeled) into 2cm chunks. Slice the **carrot** (unpeeled) into 1cm half-moons.

TIP: Cut the veggies to size so they cook in time.



2. Roast the veggies

Place the **onion**, **parsnip** and **carrot** on an oven tray lined with baking paper and the **potato** on a second oven tray lined with baking paper. **Drizzle** both trays with **olive oil** and season with **salt** and **pepper**. Sprinkle the **chicken-style stock powder** over the **potato**. Toss to coat, then roast until tender, **25-30 minutes**. In the last **5 minutes** of cook time, scatter the **grated Parmesan cheese** over the **potato**, then return to the oven and bake until golden and melted.



4. Cook the pork

When the veggies have **10 minutes** cook time remaining, combine the **garlic & herb seasoning** and a **drizzle** of **olive oil** in a medium bowl. Add the **pork loin steaks** and toss to coat. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: The spice blend will char slightly in the pan – this adds to the flavour!

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



5. Bring it all together

While the pork is resting, roughly chop the **parsley** leaves. Add the **baby spinach leaves** to the tray with the roasted **veggies** and gently toss to combine. Thickly slice the **pork**.



3. Make the garlic yoghurt

While the veggies are roasting, finely chop the **garlic**. In a large frying pan, heat a **generous drizzle** of **olive oil** over a medium-high heat. Add the **garlic** and cook until fragrant, **1 minute**. Carefully pour the **garlic oil** into a small bowl. Add the **yoghurt** and stir to combine. Season to taste. Set aside.



6. Serve up

Divide the roast veggie toss between plates. Top with the cheesy potatoes and seared pork. Spoon over any pork resting juices. Drizzle with the garlic yoghurt and garnish with the parsley.

Enjoy!