



Pork Loin & Crumbed Pumpkin

with Salad & Creamy Pesto Dressing

Grab your Meal Kit with this symbol



Garlic



Peeled Pumpkin



Cucumber



Tomato



Parsley



Panko Breadcrumbs



Pork Loin Steaks



Mixed Salad Leaves



Creamy Pesto Dressing

- Hands-on: 25 mins
- Ready in: 35 mins
- Low Calorie

Our new fan favourite in the HelloFresh kitchen (and undoubtedly in yours too) - the crumbed butternut pumpkin, or what we prefer to call, the 'crumpkin'. The whole dish goes down a treat, but let's just say we know which part you'll be reaching for first!

Pantry items

Olive Oil, Balsamic Vinegar

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
garlic	3 cloves
peeled pumpkin	1 packet (800g)
cucumber	1
tomato	1
parsley	1 bunch
panko breadcrumbs	1 packet
pork loin steaks	2 packets
mixed salad leaves	1 bag (30g)
balsamic vinegar*	2 tsp
creamy pesto dressing	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1900kJ (455Cal)	370kJ (88Cal)
Protein (g)	42.7g	8.3g
Fat, total (g)	19.4g	3.8g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	25.1g	4.9g
- sugars (g)	11.4g	2.2g
Sodium (g)	196mg	38mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



1. Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Slice the **peeled pumpkin** into 1cm wedges. Roughly chop the **cucumber** and **tomato**. Finely chop the **parsley**.



4. Cook the pork

While the pumpkin is roasting, season the **pork loin steaks** with **salt** and **pepper**. Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. 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**.



2. Make the herb crumb

In a small bowl, combine the **panko breadcrumbs**, **garlic**, **parsley**, a **generous pinch** of **salt** and **pepper** and a **generous drizzle** of **olive oil**. Mix well to combine.



5. Make the salad

While the pork is resting, add the **cucumber**, **tomato** and **mixed salad leaves** to a medium bowl. Add the **balsamic vinegar** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and toss to combine.



3. Roast the pumpkin

Place the **pumpkin** on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Top the **pumpkin** wedges with the **herb crumb** and gently press down so it sticks. Roast until golden and tender, **20-25 minutes**.

TIP: Don't worry if the crumb falls off, you'll use it later!



6. Serve up

Thickly slice the pork. Divide the crumbed pumpkin and salad between plates and top with the pork. Spoon any resting juices over the pork. Sprinkle over any remaining herb crumb and serve with the **creamy pesto dressing**.

Enjoy!