



Honey-Garlic Pork & Roast Veggie Salad

with Feta & Toasted Pumpkin Seeds

Grab your Meal Kit with this symbol



Kumara



Red Onion



Peeled & Chopped Pumpkin



Chilli Flakes (Optional)



Garlic



Dried Oregano



Pork Loin Steaks



Pumpkin Seeds (Pepitas)



Baby Spinach Leaves



Feta



Balsamic Glaze

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

Spicy (optional chilli flakes)

Low calorie

The combination of garlic and honey infuses this colourful meal for a flavoursome result that comes together with minimal effort. Top it off with toasted pumpkin seeds and feta for a 5-star finish.

Pantry items

Olive Oil, Honey

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
honey*	1 tbs	2 tbs
chilli flakes (optional)	pinch	pinch
garlic	1 clove	2 cloves
dried oregano	½ sachet	1 sachet
pork loin steaks	1 packet	1 packet
pumpkin seeds (pepitas)	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
feta	1 block (50g)	1 block (100g)
balsamic glaze	drizzle	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2190kJ (524Cal)	451kJ (108Cal)
Protein (g)	50.6g	10.4g
Fat, total (g)	19.0g	3.9g
- saturated (g)	6.6g	1.4g
Carbohydrate (g)	36.4g	7.5g
- sugars (g)	22.8g	4.7g
Sodium (mg)	378mg	78mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit 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**. Cut the **kumara** (unpeeled) into 2cm chunks. Slice the **red onion** into 3cm wedges.

TIP: Cut the kumara to size so it cooks in time.



2 Roast the veggies

Place the **peeled & chopped pumpkin, kumara and onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and 2/3 of the **honey**, then sprinkle with a pinch of **chilli flakes** (if using). Season with **salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide between two trays.



3 Flavour the pork

While the veggies are roasting, finely chop the **garlic**. In a large bowl, combine the **garlic, dried oregano** (see ingredients), a drizzle of **olive oil** and the **remaining honey**. Add the **pork loin steaks** and season with **salt** and **pepper**. Rub to coat the pork and set aside.



4 Cook the pork

Heat a large frying pan over a medium-high heat. Add the **pumpkin seeds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a plate. Return the pan to a medium heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork** until browned and cooked through, **5-6 minutes** on each side (depending on thickness). Remove from the heat.

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



5 Toss the veggies

In a second large bowl, add the roasted **veggies, baby spinach leaves** and crumble in 1/2 the **feta**. Toss to combine. Drizzle with the **balsamic glaze**. Season to taste.



6 Serve up

Slice the pork. Divide the honey-garlic pork and roast veggie salad between plates. Sprinkle with the toasted pumpkin seeds and crumble over the remaining feta.

Enjoy!