

Cherry, Thyme & Balsamic-Glazed Pork with Roast Veggie Toss & Toasted Almonds

Grab your Meal Kit with this symbol













Carrot



Flaked Almonds





Brown Onion





Thyme

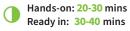


Pork Loin Steaks

Baby Spinach Leaves

Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar





Oh, happy days! With a heavenly combination of colourful roasted veggies tossed among salad leaves, and a sticky-sweet cherry glaze enveloping the pork, this is a modern and delicious union that will be happily devoured by all.

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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	2	2	
parsnip	1	2	
carrot	1	2	
flaked almonds	1 packet	2 packets	
brown onion	1 (medium)	1 (large)	
butter*	20g	40g	
garlic	2 cloves	4 cloves	
thyme	1 bag	1 bag	
cherry sauce	1 packet (40g)	2 packets (80g)	
balsamic vinegar*	½ tbs	1 tbs	
brown sugar*	1 tbs	2 tbs	
water*	1 tbs	2 tbs	
pork loin steaks	1 packet	1 packet	
baby spinach leaves	1 bag (30g)	1 bag (60g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2526kJ (604Cal)	414kJ (99Cal)
Protein (g)	40.9g	6.7g
Fat, total (g)	20g	3.3g
- saturated (g)	7.4g	1.2g
Carbohydrate (g)	63.9g	10.5g
- sugars (g)	38.8g	6.4g
Sodium (mg)	250mg	41mg

The quantities provided above are averages only.

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.



Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Peel the kumara. Cut the kumara, parsnip and carrot into bite-sized chunks. Place the veggies on a lined oven tray. Drizzle generously with olive oil, season with salt and pepper and toss to coat. Add a dash of water to the tray, then roast for 20-25 minutes. When the veggies have 5 minutes cook time remaining, gently remove the tray and sprinkle with the flaked almonds. Roast until the veggies are tender and the almonds are golden, 3-5 minutes.



Cook the onion

While the veggies are roasting, thinly slice the **brown onion**. In a large frying pan, heat the **butter** and a drizzle of **olive oil** over a medium-high heat. Add the **onion**, season with **salt** and cook until lightly browned, **3-4 minutes**. Reduce the heat to medium, then add a pinch of **sugar** and cook until softened, **3-4 minutes**. Transfer to a bowl.



Cook the pork

While the onion is cooking, finely chop the **garlic**. Pick and finely chop the **thyme** leaves. In a small bowl, combine the **cherry sauce**, **balsamic vinegar**, **brown sugar** and the **water**. Set aside. Season both sides of the **pork loin steaks**. 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: Pork can be served slightly blushing pink in the centre.



Make the glaze

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **garlic** and **thyme** until fragrant, **1 minute**. Add the **cherry sauce mixture** and cook until slightly thickened, **30 seconds**.



Toss the veggies

Add the **baby spinach leaves** and **onion** to the tray with the roasted **veggies** and toss to combine.



Serve up

Slice the pork. Divide the pork, roast veggie toss and toasted almonds between plates. Spoon the cherry, thyme and balsamic glaze over the pork.

Enjoy!