



# Cherry, Thyme & Balsamic-Glazed Pork

with Roast Veggie Toss & Toasted Almonds

Grab your Meal Kit with this symbol



Kumara



Parsnip



Carrot



Flaked Almonds



Brown Onion



Garlic



Thyme



Cherry Sauce



Pork Loin Steaks



Baby Spinach Leaves

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Calorie Smart

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.

### Pantry items

Olive Oil, Butter, Balsamic Vinegar, Brown Sugar

## 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	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](https://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**.



## 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**.



## 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.



## Toss the veggies

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



## 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.



## 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!