Easy Southern-Spiced Pork with Roast Veggie Toss & BBQ Mayo









Potato

Chopped Veggie Mix



Pork Loin



Steaks





BBQ Mayonnaise

Baby Spinach Leaves



Coriander

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

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
chopped veggie mix	1 packet	1 packet	
pork loin steaks	1 packet	1 packet	
Louisiana spice blend	1 sachet	2 sachets	
baby spinach leaves	1 bag (30g)	1 bag (60g)	
BBQ mayonnaise	1 packet (50g)	1 packet (100g)	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

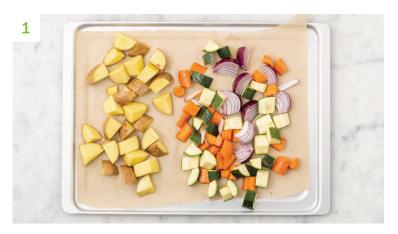
A Ot	Dan Camina	Day 100a
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1751kJ (418Cal)	334kJ (80Cal)
Protein (g)	40.5g	7.7g
Fat, total (g)	13.7g	2.6g
- saturated (g)	1.9g	0.4g
Carbohydrate (g)	31g	5.9g
- sugars (g)	4.6g	0.9g
Sodium (mg)	1114mg	212mg

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 oven to 240°C/220°C fan-forced. Cut potato into bite-sized chunks.
- Place potato, chopped veggie mix and a drizzle of olive oil on a lined oven tray. Season with salt and pepper and toss to coat. Roast until tender, 20-25 minutes.



Toss the veggies

 When the veggies are done, add baby spinach leaves to the oven tray and toss to combine.



Cook the pork

SPICY! The spice blend is mild, but use less if you're sensitive to heat.

- When the veggies have **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook pork loin steaks and Louisiana spice blend, turning, until cooked through, 3-4 minutes each side (depending on thickness).
- Transfer to a plate and cover with foil to rest for **5 minutes**.

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.



Serve up

- Slice the Southern-spiced pork. Divide the roast veggie toss between plates.
- Top with pork. Dollop with BBQ mayonnaise and tear over coriander. Pour over any pork resting juices.

Enjoy!