



Easy Southern-Spiced Pork

with Roast Veggie Toss & BBQ Mayo

Grab your Meal Kit
with this symbol



Potato



Chopped Veggie
Mix



Pork Loin
Steaks



Louisiana Spice
Blend



Baby Spinach
Leaves



BBQ Mayonnaise



Coriander



Hands-on: **10-20 mins**
Ready in: **30-40 mins**



Eat Me Early



Calorie Smart

We've added the distinctive smokey flavour of southern USA to these pork loin steaks that are sure to have ya'll feeling the soul in every bite!

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

	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

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.

1



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**.

3



Toss the veggies

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

2



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.

4



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!