



# Garlic & Honey Pork Steaks

with Roast Oregano Veggie Salad & Crumbly Cheese

Grab your Meal Kit with this symbol



Potato



Carrot



Parsnip



Dried Oregano



Garlic



Garlic & Herb Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Greek Salad Cheese/  
Feta Cheese



Smokey Aioli



Chicken Breast

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced courgette with parsnip, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

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

Eat Me Early\*  
*\*Custom Recipe Only*

Calorie Smart

The combination of garlic and honey infuses this colourful meal for a flavoursome result that comes together with minimal effort. Top it off with smokey aioli and crumbly cheese for a 5-star finish.



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Honey, Red Wine Vinegar

## 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
carrot	1	2
parsnip	1	2
dried oregano	1 sachet	1 sachet
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
honey*	1 tsp	2 tsp
baby spinach leaves	1 bag (60g)	1 bag (120g)
red wine vinegar*	drizzle	drizzle
Greek salad cheese/ feta cheese	1 packet (50g)	1 packet (100g)
smokey aioli	1 packet (50g)	1 packet (100g)
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	460kJ (109Cal)
Protein (g)	47.6g	8.1g
Fat, total (g)	28.3g	4.8g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	51.1g	8.7g
- sugars (g)	20.9g	3.6g
Sodium (mg)	1050mg	180mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2716kJ (649Cal)	405kJ (96Cal)
Protein (g)	44.8g	6.7g
Fat, total (g)	30.8g	4.6g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	48.2g	7.2g
- sugars (g)	20.6g	3.1g
Sodium (mg)	1067mg	159mg

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.

If you have any questions or concerns, please visit [hellofresh.co.nz/contact](https://hellofresh.co.nz/contact)

2021 | CW44



## Get prepped

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato, carrot** and **parsnip** into bite-sized chunks.



## Roast the veggies

Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **dried oregano** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **25-30 minutes**.



## Flavour the pork

While the veggies are roasting, finely chop the **garlic**. In a large bowl, combine the **garlic, garlic & herb seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat. Set aside.

### CUSTOM RECIPE

If you've swapped your pork loin steaks for chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Flavour the chicken in the spice mixture as above.



## Cook the pork

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 the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Remove the pan from the heat, then add the **honey**. Turn the **pork** to coat, then transfer to a plate to rest.

### CUSTOM RECIPE

Heat the pan as above. Cook the chicken until cooked through, 3-5 minutes each side. Remove the pan from heat, then add the honey, turning to coat.



## Bring it together

Add the **baby spinach leaves** and a drizzle of **red wine vinegar** to the **roasted veggies**. Toss to combine and season to taste.



## Serve up

Slice the garlic and honey pork. Divide the roast veggie salad and pork between plates. Spoon over any resting juices. Crumble the **cheese** over the salad. Serve with the **smokey aioli**.

## Enjoy!