



LEMON PEPPER PORK

with Roast Veggies & Creamy Pesto Dressing



Use lemon pepper to add flavour to pork



Garlic



Kumara



Courgette



King Sweetie Capsicum



Red Onion



Pork Loin Steaks



Lemon Pepper Spice Blend



Baby Spinach Leaves



Creamy Pesto Dressing

Pantry Staples: Olive Oil, Balsamic Vinegar

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

Low calorie

It's meat and three veg, but not as you know it. Let us show you how a few small steps can totally reinvent an everyday meal. Simply toss the roast veggies with tangy balsamic vinegar and top off your lemon pepper pork with creamy pesto. And there you have it folks, meat and three veg that will not disappoint.

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **two oven trays** lined with **baking paper**
- **large frying pan**



1 PREP THE VEGGIES

Preheat the oven to **240°C/220°C fan-forced**. Finely chop the **garlic** (or use a garlic press). Cut the **kumara** (unpeeled) and **courgette** into 1cm chunks. Thinly slice the **King Sweetie capsicum**. Slice the **red onion** into 2cm wedges. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



2 ROAST THE VEGGIES

Divide the **garlic, kumara, courgette, capsicum** and **onion** between two oven trays lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Roast until tender, **25-30 minutes**.



3 ADD FLAVOUR TO THE PORK

While the veggies are roasting, place the **pork loin steaks** in a medium bowl and **drizzle** with a **little olive oil**. Sprinkle with the **lemon pepper spice blend** and season with **pepper**. Toss to coat.



4 COOK THE PORK

When the veggies have **10 minutes** cook time remaining, heat a **drizzle of olive oil** in a large frying pan over a high heat. When the oil is hot, add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and rest for **5 minutes**. **TIP:** You can serve pork slightly blushing in the centre.



5 DRESS THE VEGGIES

In a large bowl, combine the **balsamic vinegar** and **1 tbs of olive oil**. Add the roasted **veggies** and **baby spinach leaves**. Toss to combine and season with **salt** and **pepper**.



6 SERVE UP

Divide the **lemon pepper pork** and **roast veggies** between plates. Serve with the **creamy pesto dressing**.

TIP: For kids, follow our serving suggestions in the main photo.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
garlic	1 clove
kumara	3
courgette	1
King Sweetie capsicum	1
red onion	1
pork loin steaks	2 packets
lemon pepper spice blend	2 sachets
balsamic vinegar*	2 tsp
baby spinach leaves	1 bag (60g)
creamy pesto dressing	1 packet (100g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1940kJ (464Cal)	398kJ (95Cal)
Protein (g)	42.3g	8.7g
Fat, total (g)	18.9g	3.9g
- saturated (g)	2.2g	0.5g
Carbohydrate (g)	29.2g	6.0g
- sugars (g)	14.9g	3.1g
Sodium (g)	388mg	80mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589
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