

# Spiced Pork Loin & Roast Veggie Toss

with Garlic Yoghurt & Dill

Grab your Meal Kit with this symbol



Carrot



Courgette



Red Onion



Beetroot



Flaked Almonds



Garlic



Greek-Style Yoghurt



Aussie Spice Blend



Pork Loin Steaks



Spinach & Rocket Mix



Dill

- Hands-on: 20-30 mins
- Ready in: 35-45 mins
- Carb Smart
- Calorie Smart

It's meat and three veg, but not as you know it. Reinvent this everyday meal by simply tossing the roasted veggies with baby spinach and topping your golden spiced pork with a dollop of yoghurt. And there you have it folks, a classic meal that never disappoints.

### Pantry items

Olive Oil, White 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
carrot	1	2
courgette	1	2
red onion	1 (medium)	1 (large)
beetroot	1	2
flaked almonds	1 packet	2 packets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 medium packet	1 large packet
Aussie spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
spinach & rocket mix	1 bag (60g)	1 bag (120g)
white wine vinegar*	drizzle	drizzle
dill	1 bunch	1 bunch

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1717kJ (410Cal)	299kJ (71Cal)
Protein (g)	44g	7.7g
Fat, total (g)	13.3g	2.3g
- saturated (g)	3.2g	0.6g
Carbohydrate (g)	29.8g	5.2g
- sugars (g)	18.9g	3.3g
Sodium (mg)	715mg	124mg
Sodium (mg)	7.6g	1.4g

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.



### 1 Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Slice the **carrot** and **courgette** into thick rounds. Slice the **red onion** into wedges. Cut the **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil**, then season with **salt** and **pepper**. Toss to coat and spread out evenly. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide between two trays.



### 4 Cook the pork

In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **pork loin steaks** and toss to coat. 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 and cover with foil to rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



### 2 Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a bowl. Finely chop the **garlic**.



### 5 Bring it all together

While the pork is resting, add the **spinach & rocket mix** and a drizzle of **white wine vinegar** to the roasted **veggies**. Toss to combine and season to taste.



### 3 Make the garlic yoghurt

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Transfer the **garlic oil** to a small bowl, then add the **Greek-style yoghurt** and stir to combine. Season to taste and set aside.



### 6 Serve up

Roughly chop the **dill**. Slice the spiced pork. Divide the roast veggie toss between plates. Top with the pork (plus any resting juices) and spoon over the garlic yoghurt. Garnish with the toasted almonds and dill.

**Enjoy!**