



# American Spiced Pork Steaks

with Roast Veggie & Baby Spinach Toss

Grab your Meal Kit  
with this symbol



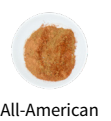
Sweet Potato



Zucchini



Carrot



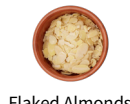
All-American  
Spice Blend



Pork Loin  
Steaks



Corn



Flaked Almonds



Baby Spinach  
Leaves



Smokey Aioli

 Hands-on: **25-35 mins**  
 Ready in: **40-50 mins**

 Calorie Smart

Sweet and mild All-American spices add a ton of flavour to these pork steaks. Combined with a colourful roast veggie mixture tossed with baby spinach, and a delicate smokey aioli on the side, this is a modern and delicious combination that will be happily devoured by all.

## 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
carrot	1	2
All-American spice blend	½ sachet	1 sachet
pork loin steaks	1 packet	1 packet
corn	1 cob	2 cobs
flaked almonds	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

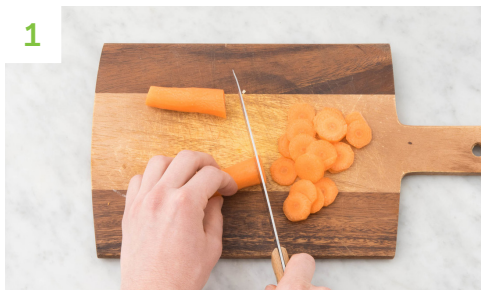
	Per Serving	Per 100g
Energy (kJ)	2525kJ (603Cal)	376kJ (89Cal)
Protein (g)	45.3g	6.7g
Fat, total (g)	25.2g	3.8g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	44.6g	6.6g
- sugars (g)	24g	3.6g
Sodium (mg)	536mg	80mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **zucchini** into 2cm chunks. Cut the **carrot** (unpeeled) into 1cm-thick rounds. Divide the **sweet potato**, **zucchini** and **carrot** 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 and roast until tender, **25-30 minutes**.

**TIP:** Cut the veggies to size so they cook in time.

4



## Cook the pork

Return the frying pan to a medium-high heat. Cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest.

**TIP:** Pork can be served slightly blushing pink in the centre.

2



## Flavour the pork

While the veggies are roasting, combine the **All-American spice blend** (see ingredients) and a drizzle of **olive oil** in a large bowl. Add the **pork loin steaks**, season with **salt** and **pepper** and toss to coat. Set aside.

3



## Toast the almonds

Slice the kernels off the **corn** cob. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl. Return the frying pan to a high heat and add the **corn**. Cook until charred, **4-5 minutes**. Transfer to a large bowl.

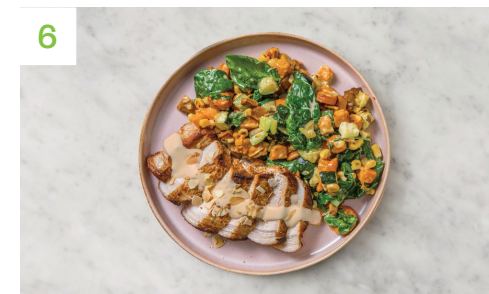
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## Bring it all together

Transfer the **roasted veggies** to the large bowl with the **corn**. Add the **baby spinach leaves** and 1/4 of the **smokey aioli** and toss to coat. Season to taste.

6



## Serve up

Slice the spiced pork steaks. Sprinkle the roast veggie toss with the flaked almonds. Divide the pork and roast veggie toss between plates and serve with the remaining smokey aioli.

Enjoy!