



American Spiced Pork Steaks

with Roast Veggie & Baby Spinach Medley

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Beetroot



Corn



All-American Spice Blend



Pork Loin Steaks



Pepitas



Baby Spinach Leaves



Balsamic Glaze

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart

A sweet and smokey seasoning adds a ton of flavour to these pork steaks. Combined with a colourful roast veggie mixture tossed with baby spinach, and a delicate balsamic glaze, this is a nutritionally balanced meal 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
carrot	1	2
beetroot	1	2
corn	1 cob	2 cobs
All-American spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
pepitas	1 sachet	2 sachets
baby spinach leaves	1 bag (30g)	1 bag (60g)
balsamic glaze	½ bottle	1 bottle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2542kJ (607Cal)	401kJ (95Cal)
Protein (g)	49g	7.7g
Fat, total (g)	17.6g	2.8g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	57.2g	9g
- sugars (g)	34.1g	5.4g
Sodium (mg)	537mg	85mg

Allergens

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

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm-thick rounds. Cut the **beetroot** into 1cm chunks. Slice the kernels off the **corn** cob. Divide the veggies 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, tossing halfway through, until tender, **25-30 minutes**.

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



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). Remove from the heat.

TIP: The spice blend may char in the pan, this adds to the flavour!



Flavour the pork

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



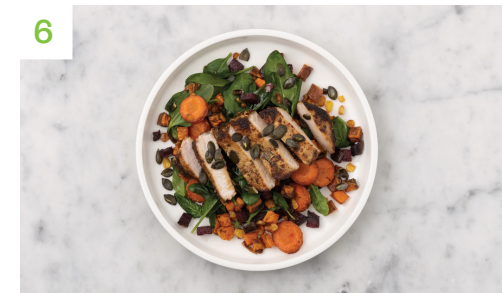
Bring it all together

Transfer the roasted **veggies** to a large bowl with the **baby spinach leaves** and toss to coat. Season to taste.



Toast the pepitas

Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, tossing occasionally, until golden, **3-4 minutes**. Transfer to a small bowl.



Serve up

Slice the American spiced pork steaks. Drizzle the **balsamic glaze** (see ingredients) over the roast veggie toss. Divide the pork and roast veggie toss between plates and drizzle over the pork resting juices. Sprinkle over the pepitas to serve.

Enjoy!