



# American-Spiced Pork Steaks

with Roast Veggie Toss & Smokey Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Tomato



Sweetcorn



All-American Spice Blend



Baby Spinach Leaves



Pork Loin Steaks



Smokey Aioli

Prep in: **25-35 mins**  
Ready in: **35-45 mins**

Calorie Smart

Naturally Gluten-Free  
*Not suitable for coeliacs*

Sweet and mild All-American spices add a ton of flavour to these pork steaks. Combined with a colourful roast veggie medley tossed with baby spinach, and a delightful smokey aioli on the side, this modern and delicious combo 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

Oven tray lined with baking paper · Large frying pan

## Ingredients

|                          | 2 People        | 4 People        |
|--------------------------|-----------------|-----------------|
| <b>olive oil*</b>        | refer to method | refer to method |
| sweet potato             | 2               | 4               |
| carrot                   | 1               | 2               |
| tomato                   | 1               | 2               |
| sweetcorn                | 1 tin (125g)    | 1 tin (300g)    |
| All-American spice blend | ½ medium sachet | 1 medium sachet |
| pork loin steaks         | 1 small packet  | 1 large packet  |
| baby spinach leaves      | 1 small bag     | 1 medium bag    |
| smokey aioli             | 1 medium packet | 1 large packet  |

\*Pantry Items

## Nutrition

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2201kJ (526Cal) | 372kJ (89Cal) |
| Protein (g)      | 42.1g           | 7.1g          |
| Fat, total (g)   | 18.1g           | 3.1g          |
| - saturated (g)  | 3g              | 0.5g          |
| Carbohydrate (g) | 45.3g           | 7.7g          |
| - sugars (g)     | 24.4g           | 4.1g          |
| Sodium (mg)      | 660mg           | 112mg         |

The quantities provided above are averages only.

## 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.



## Prep the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Thickly slice **carrot** into rounds. Slice **tomato** into thick wedges.
- Drain **sweetcorn**.



## Roast the veggies

- Place **sweet potato, carrot, tomato** and **corn** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Spread **veggies** out in a single layer, then roast until tender, **25-30 minutes**.

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



## Flavour the pork

- Meanwhile, combine **All-American spice blend** with a drizzle of **olive oil** in a large bowl.
- Season, then add **pork loin steaks**, turning to coat.



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Transfer **pork** to a plate. Cover, then set aside to rest for **5 minutes**.

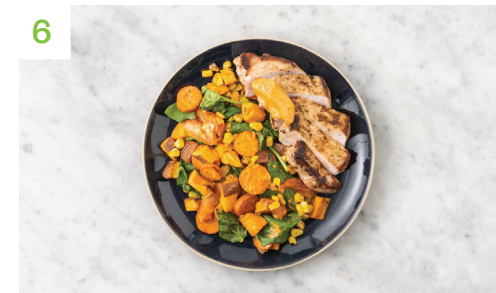
**TIP:** The spice blend may char in the pan, this adds to the flavour!

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



## Bring it all together

- In a large bowl, combine roasted **veggies, baby spinach leaves** and 1/4 of the **smokey aioli**.
- Toss to coat. Season to taste.



## Serve up

- Slice American-spiced pork steaks.
- Divide pork and roast veggie toss between plates.
- Top with remaining smokey aioli to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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