



Garlic & Herb Pork

with Roasted Pesto-Spinach Potatoes

Grab your Meal Kit
with this symbol



Potato



Capsicum



Garlic & Herb
Seasoning



Pork Loin
Steaks



Red Onion



Basil Pesto



Baby Spinach
Leaves



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



Naturally gluten-free
Not suitable for Coeliacs



Low Calorie

What's a quick and easy way to make succulent pork bursting with flavour? Add our classic garlic and herb seasoning that's hard to beat, and then team it with roasted potatoes dressed in our basil pesto for a meal that's all kinds of yum!

Pantry items

Olive Oil, Balsamic Vinegar,
Brown Sugar

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
Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
capsicum	1	2
garlic & herb seasoning	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
red onion	1	2
balsamic vinegar*	1 tbs	2 tbs
water*	2 tsp	1 tbs
brown sugar*	1 tsp	2 tsp
basil pesto	1 tub (50g)	1 tub (100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2230kJ (534Cal)	379kJ (90Cal)
Protein (g)	47.1g	8.0g
Fat, total (g)	17.2g	2.9g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	43.1g	7.3g
- sugars (g)	13.2g	2.2g
Sodium (g)	585mg	99mg

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 1cm chunks. Slice the **capsicum** into thick strips. Place the **potato**, **capsicum**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then spread into an even layer and roast until tender, **20-25 minutes**.

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



2. Flavour the pork

While the veggies are roasting, combine the **garlic & herb seasoning** and a **good drizzle of olive oil** in a large bowl. Add the **pork loin steaks** and toss to coat.



3. Caramelize the onion

Thinly slice the **red onion**. In a medium frying pan, heat a **drizzle of olive oil** over a medium heat. Add the **onion** and cook, stirring regularly until softened, **5-6 minutes**. Add the **balsamic vinegar**, **water** and **brown sugar** and mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.



4. Cook the pork

Wash out the frying pan. Heat a **drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **pork steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Set aside on a plate and cover with foil to rest for **5 minutes**.

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



5. Flavour the veggies

Transfer the roasted veggies to a large bowl. Add the **basil pesto** and toss well to combine. Add the **baby spinach leaves**, a **generous pinch of salt** and **pepper** and toss well to combine.



6. Serve up

Thinly slice the pork. Divide the pesto-spinach potatoes between plates and top with the pork. Spoon over any resting juices from the pork. Top with the caramelised onion.

Enjoy!