



Lemon Pepper Pork

with Roast Veggies & Garlic Aioli

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Capsicum



Brown Onion



Lemon Pepper Spice Blend



Pork Loin Steaks



Baby Spinach Leaves



Garlic Aioli

Hands-on: 20-30 mins
 Ready in: 35-45 mins
 Naturally gluten-free
Not suitable for Coeliacs

Calorie Smart

Reinvent this everyday meal by simply tossing the roast veggies with tangy balsamic vinegar and topping your lemon pepper pork with garlic aioli. And there you have it, meat and three veg that will not disappoint!

Pantry items

Olive Oil, Balsamic 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

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
capsicum	1	2
brown onion	1	2
lemon pepper spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
balsamic vinegar*	2 tsp	1 tbs
baby spinach leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2407kJ (575Cal)	339kJ (81Cal)
Protein (g)	45.2g	6.4g
Fat, total (g)	20.2g	2.8g
- saturated (g)	2.1g	0.3g
Carbohydrate (g)	46.4g	6.5g
- sugars (g)	28.7g	4g
Sodium (mg)	425mg	60mg

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.



Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** and **carrot** (both unpeeled) into 1cm chunks. Thinly slice the **capsicum**. Slice the **brown onion** into 2cm wedges.

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



Roast the veggies

Divide the **sweet potato**, **carrot**, **capsicum** and **onion** 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. Roast until tender, **25-30 minutes**.



Flavour the pork

While the veggies are roasting, combine a drizzle of **olive oil** and the **lemon pepper spice blend** in a medium bowl. Season with **pepper** and add the **pork loin steaks**. Toss to coat.



Cook the pork

When the veggies have **10 minutes** cook time remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**.

TIP: You can serve pork slightly blushing pink in the centre.



Dress the veggies

In a large bowl, combine the **balsamic vinegar** and a drizzle of **olive oil**. Add the **roasted veggies** and **baby spinach leaves**. Toss to combine and season with **salt** and **pepper**.



Serve up

Divide the lemon pepper pork and roast veggies between plates. Serve with the **garlic aioli**.

Enjoy!