



Aussie Pork & Rainbow Veggie Toss

with Garlic Yoghurt, Dill & Pine Nuts

Grab your Meal Kit with this symbol



Carrot



Zucchini



Red Onion



Beetroot



Pine Nuts



Garlic



Greek-Style Yoghurt



Aussie Spice Blend



Pork Loin Steaks



Spinach & Rocket Mix



Dill

Hands-on: **20-30 mins**
 Ready in: **35-45 mins**

Carb Smart

Naturally gluten-free
Not suitable for Coeliacs

They say to eat the rainbow, so we've created this colourful plate full of veggie goodness. The best part? A slice of juicy pork to make every bite of this low-carb meal simply delicious.

Pantry items

Olive Oil, White Wine 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
red onion	1	2
beetroot	1	2
pine nuts	1 packet	2 packets
garlic	2 cloves	4 cloves
Greek-style yoghurt	1 packet (100g)	1 packet (200g)
Aussie spice blend	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
spinach & rocket mix	1 bag (60g)	1 bag (120g)
white wine vinegar*	1 tsp	2 tsp
dill	1 bunch	1 bunch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1724kJ (412Cal)	264kJ (63Cal)
Protein (g)	44.9g	6.9g
Fat, total (g)	10.7g	1.6g
- saturated (g)	3.1g	0.5g
Carbohydrate (g)	28.1g	4.3g
- sugars (g)	26.3g	4g
Sodium (mg)	634mg	97mg
Dietary Fibre(g)	11.6g	1.8g

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 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 **240°C/220°C fan-forced**. Cut the **carrot** and **zucchini** into thin rounds. Cut the **red onion** into wedges. Cut the **beetroot** into small chunks. Place the **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

TIP: If the veggies don't fit in a single layer, divide between two trays!



2 Toast the pine nuts

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **3-4 minutes**.



3 Make the garlic yoghurt

Return the frying pan to a medium-high heat with a drizzle of **olive oil** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** to the **garlic oil mixture** and combine. Season to taste.



4 Cook the pork

In a medium bowl, combine the **Aussie spice blend** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Remove from the heat.

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



5 Bring it all together

Add the **spinach & rocket mix** and a drizzle of **white wine vinegar** to the **roast veggies** on the tray. Toss to combine and season to taste. Roughly chop the **dill**.



6 Serve up

Slice the pork. Divide the rainbow veggie toss between plates. Top with the Aussie pork (plus any resting juices!) then spoon over the garlic yoghurt. Sprinkle over the pine nuts and dill.

Enjoy!