



Honey-Garlic Pork

with Roast Veggies & Fetta

Grab your Meal Kit with this symbol



- Butternut Pumpkin
- Beetroot
- Brown Onion
- Chilli Flakes (Optional)
- Garlic
- Dried Oregano
- Pork Loin Steaks
- Fetta
- Baby Spinach Leaves
- Creamy Pesto Dressing

Hands-on: 20-30 mins
Ready in: 45-55 mins

Calorie Smart

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

The combination of garlic and honey infuses this colourful meal for a flavoursome result that comes together with minimal effort. Top it off with creamy pesto dressing and fetta for a 5-star finish.

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic)

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
butternut pumpkin	1 (medium)	1 (large)
beetroot	1	2
brown onion	1	2
chilli flakes (optional)	pinch	pinch
garlic	2 cloves	4 cloves
dried oregano	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
honey*	2 tsp	1 tbs
fetta	1 block (50g)	1 block (100g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
vinegar* (white wine or balsamic)	drizzle	drizzle
creamy pesto dressing	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2698kJ (644Cal)	378kJ (90Cal)
Protein (g)	50.9g	7.1g
Fat, total (g)	29.4g	4.1g
- saturated (g)	7.2g	1g
Carbohydrate (g)	37.6g	5.3g
- sugars (g)	32.2g	4.5g
Sodium (mg)	507mg	71mg

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 Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **butternut pumpkin** into 1cm wedges. Cut the **beetroot** into 1cm chunks. Slice the **brown onion** into 3cm wedges.

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



2 Roast the veggies

Place the **pumpkin**, **beetroot** and **onion** on an oven tray lined with baking paper. Drizzle with **olive oil** and sprinkle with a pinch of **chilli flakes** (if using). Season with a generous pinch of **salt** and **pepper** and toss to coat. Spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: If crowded, spread between two oven trays!



3 Add flavour to the pork

While the veggies are roasting, finely chop the **garlic**. In a large bowl, combine the **pork loin steaks**, **dried oregano**, **garlic**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Rub to coat the **pork** and set aside.



4 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 medium-high heat. When the oil is hot, cook the **pork** until browned and cooked through, **3-4 minutes** each side (depending on thickness). Add the **honey** in the last minute of cook time and turn to coat. Transfer to a plate to rest.

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



5 Toss everything together

In a large bowl, combine the roasted **veggies**, **baby spinach leaves** and **vinegar**. Crumble over 1/2 the **fetta** and gently toss to combine. Season to taste.



6 Serve up

Slice the honey-garlic pork. Divide the pork and roast veggies between plates. Crumble over the remaining **fetta** and serve with **creamy pesto dressing**.

Enjoy!