

# Garlicky Pork & Roast Veggie Salad

with Dijon Yoghurt Dressing

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Tomato



Red Onion



Lemon



Flaked Almonds



Pork Loin Steaks



Garlic & Herb Seasoning



Dijon Mustard




Greek Yoghurt



Baby Spinach Leaves



Parsley

 Hands-on: 25-35 mins  
 Ready in: 40-50 mins  
 Naturally gluten-free  
 Not suitable for Coeliacs

 Calorie Smart

The classic combo of garlic and herb infuses these succulent pork loin steaks for a flavoursome result that comes together with minimal effort. Serve it with a generous side of veggies for a nutritionally balanced meal.

**Pantry items**

Olive Oil, Honey

## 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
potato	2	4
carrot	1	2
zucchini	1	2
tomato	1	2
red onion	1	2
lemon	½	1
flaked almonds	1 packet	2 packets
pork loin steaks	1 packet	1 packet
garlic & herb seasoning	½ sachet	1 sachet
Dijon mustard	1 tub (15g)	1 tub (40g)
honey*	1 tsp	2 tsp
Greek yoghurt	1 packet (100g)	1 packet (200g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
parsley	1 bag	1 bag

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2272kJ (543Cal)	278kJ (66Cal)
Protein (g)	48.7g	6g
Fat, total (g)	13.7g	1.7g
- saturated (g)	3.2g	0.4g
Carbohydrate (g)	48.8g	6g
- sugars (g)	22.9g	2.8g
Sodium (mg)	483mg	59mg

## 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.



## Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato**, **carrot** (both unpeeled) and **zucchini** into 2cm chunks. Slice the **tomato** and **red onion** into 2cm wedges. Divide the **veggies** between two oven trays lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake until tender, **25-30 minutes**.



## Cook the pork

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). Transfer to a plate and cover with foil to rest for **5 minutes**.

**TIP:** *If your pan is getting crowded, cook in batches for the best results!*



## Get prepped

While the veggies are roasting, zest the **lemon** (see ingredients) to get a good pinch then slice the **lemon** in half. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast until golden, **2-3 minutes**. Transfer to a small bowl. Rub both sides of the **pork loin steaks** with the **garlic & herb seasoning** (see ingredients) and transfer to a plate.



## Make the salad

In a large bowl, combine the **roast veggies**, **baby spinach leaves**, **lemon zest** and a drizzle of **olive oil** (if necessary). Season to taste.



## Make the dressing

In a small bowl, combine the **Dijon mustard**, **honey**, a good squeeze of **lemon juice** and the **Greek yoghurt**. Season to taste and set aside.

**TIP:** *Add more or less lemon juice to taste.*



## Serve up

Roughly chop the **parsley** leaves. Slice the seared pork. Divide the roast veggie salad between plates. Top with the pork. Drizzle over the Dijon yoghurt dressing and sprinkle with the flaked almonds and parsley. Serve with any remaining lemon wedges.

## Enjoy!