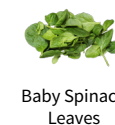
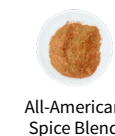




American Spiced Pork Steaks

with Roast Veggie & Baby Spinach Toss

Grab your Meal Kit with this symbol



Hands-on: **25-35 mins**
Ready in: **40-50 mins**



Calorie Smart



Naturally gluten-free
Not suitable for Coeliacs

Sweet and mild All-American spices add a ton of flavour to these pork steaks. Combined with a colourful roast veggie toss, and a delicate smokey aioli on the side, this combo will be happily devoured by all.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil

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
capsicum	1	2
carrot	1	2
pork loin steaks	1 packet	1 packet
All-American spice blend	½ sachet	1 sachet
corn	1 cob	2 cob
baby spinach leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2476kJ (591Cal)	379kJ (90Cal)
Protein (g)	45.5g	7g
Fat, total (g)	21.9g	3.3g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	48.7g	7.4g
- sugars (g)	27.2g	4.2g
Sodium (mg)	395mg	60mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	387kJ (92Cal)
Protein (g)	39.5g	5.9g
Fat, total (g)	27.8g	4.2g
- saturated (g)	4.3g	0.6g
Carbohydrate (g)	48.7g	7.3g
- sugars (g)	27.2g	4.1g
Sodium (mg)	429mg	64mg

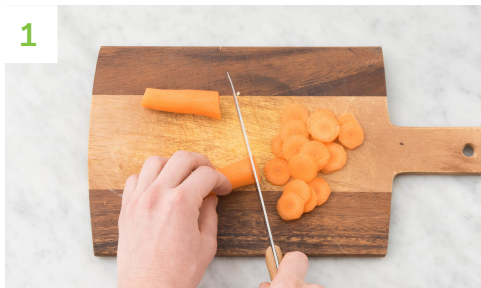
The quantities provided above are averages only.

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 **220°C/200°C fan-forced**. Cut the **sweet potato** into small chunks. Cut the **capsicum** into bite-sized chunks. Thinly slice the **carrot** into rounds. Divide the **veggies** between two lined oven trays. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat then spread out in a single layer and roast until tender, **25-30 minutes**.

2



Flavour the pork

While the veggies are roasting, combine the **pork loin steaks** and **All-American spice blend** (see ingredients) in a large bowl. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Set aside.



CUSTOM RECIPE

Place your hand flat on top of each chicken breast and use a knife to slice through horizontally to make two thin steaks. In a large bowl, combine the chicken, spice blend (see ingredients), a drizzle of olive oil and a pinch of salt and pepper.

4



Cook the pork

Return the frying pan to a medium-high heat. Add the **pork** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover and set aside to rest.

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



CUSTOM RECIPE

Heat the pan as above. Cook the chicken steaks, in batches, until cooked through, 3-5 minutes each side (depending on thickness).

3



Char the corn

Slice the kernels off the **corn** cob. Heat a large frying pan over a high heat. Add the **corn**. Cook until lightly charred, **4-5 minutes**. Transfer to a large bowl.

5



Bring it all together

Transfer the roasted **veggies** to the large bowl with the **corn**. Add the **baby spinach leaves** and 1/4 of the **smokey aioli** and toss to coat. Season to taste.

6



Serve up

Slice the spiced pork steaks. Divide the pork and roast veggie and spinach toss between plates and serve with the remaining smokey aioli.

Enjoy!