














Moroccan Pork & Roasted Veggies

with Garlic Yoghurt & Hazelnuts

Grab your Meal Kit
with this symbol



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| 
Butternut Pumpkin | 
Brown Onion |
| 
Beetroot | 
Carrot |
| 
Zucchini | 
Chermoula Spice Blend |
| 
Greek Yoghurt | 
Pork Loin Steaks |
| 
Garlic | 
Roasted Hazelnuts |
| 
Baby Spinach Leaves | |



Hands-on: **30-40 mins**
Ready in: **35-45 mins**



Calorie Smart



Naturally gluten-free
Not suitable for Coeliacs

Quality protein and a roasted veggie medley are the base of this Moroccan-inspired dish. Just add a hit of garlicky yoghurt to tie all the nutritionally balanced elements together!

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
butternut pumpkin	1 (medium)	1 (large)
brown onion	1	2
beetroot	1	2
carrot	1	2
zucchini	1	2
chermoula spice blend	1 sachet	2 sachets
Greek yoghurt	1 packet (100g)	1 packet (200g)
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
garlic	2 cloves	4 cloves
roasted hazelnuts	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2636kJ (630Cal)	286kJ (68Cal)
Protein (g)	52.6g	5.7g
Fat, total (g)	21.2g	2.3g
- saturated (g)	4.1g	0.4g
Carbohydrate (g)	49.1g	5.3g
- sugars (g)	41g	4.5g
Sodium (mg)	791mg	86mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **butternut pumpkin** into 2cm chunks. Quarter the **brown onion**. Cut the **beetroot**, **carrot** (unpeeled) and **zucchini** into 1cm chunks. 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 roast until tender, **25-30 minutes**.

TIP: Peel the pumpkin if you prefer!



Flavour the pork

While the veggies are roasting, combine the **chermoula spice blend**, a splash of **water**, some **Greek yoghurt** (1 tbs for 2 people / 2 tbs for 4 people), a drizzle of **olive oil** and the **salt** in a medium bowl. Add the **pork loin steaks** and toss to coat.



Make the garlic yoghurt

Finely chop the **garlic**. Heat a large frying pan over a low heat with a good drizzle of **olive oil** and the **garlic**. Cook, stirring, until fragrant, **1 minute**. Transfer to a bowl and add the remaining **Greek yoghurt**. Mix well and season with **salt** and **pepper**. Set aside.



Cook the pork

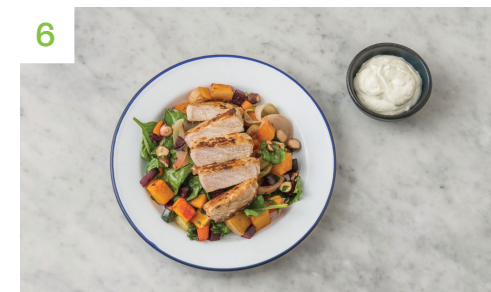
Return the pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

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



Toss the roast veggies

Roughly chop the **roasted hazelnuts**. In a medium bowl, combine the **roasted veggies**, **baby spinach leaves** and chopped **hazelnuts**.



Serve up

Slice the pork. Divide the roast veggie toss and pork between plates. Spoon any resting juices over the pork and serve with the garlic yoghurt.

Enjoy!