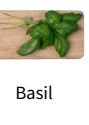
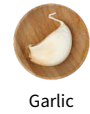


# Pesto Pork & Roast Veggie Toss

with Garlic Yoghurt & Flaked Almonds

Grab your Meal Kit with this symbol



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

Calorie Smart

It's easy to eat the rainbow when you roast veggies with our tasty and addictive garlic and herb seasoning. Then, for an extra burst of flavour, coat succulent pork strips with our herby basil pesto. It's a nutritionally balanced meal with all the good stuff!

**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 |
| zucchini                | 1               | 2               |
| capsicum                | 1               | 2               |
| sweet potato            | 2               | 4               |
| garlic & herb seasoning | 1 sachet        | 2 sachets       |
| garlic                  | 1 clove         | 2 cloves        |
| tomato                  | 1               | 2               |
| flaked almonds          | 1 packet        | 2 packets       |
| Greek yoghurt           | 1 packet (100g) | 1 packet (200g) |
| pork strips             | 1 packet        | 1 packet        |
| basil pesto             | 1 tub (50g)     | 1 tub (100g)    |
| baby spinach leaves     | 1 bag (60g)     | 1 bag (120g)    |
| basil                   | 1 bunch         | 1 bunch         |

\*Pantry Items

## Nutrition

|                  | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 2248kJ (537Cal) | 288kJ (68Cal) |
| Protein (g)      | 40.8g           | 5.2g          |
| Fat, total (g)   | 18.8g           | 2.4g          |
| - saturated (g)  | 4.7g            | 0.6g          |
| Carbohydrate (g) | 45.8g           | 5.9g          |
| - sugars (g)     | 26.4g           | 3.4g          |
| Sodium (mg)      | 1169mg          | 150mg         |

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://www.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 **zucchini, capsicum** and **sweet potato** (unpeeled) into 2cm chunks. Divide the **chopped veggies** between two oven trays lined with baking paper. Add the **garlic & herb seasoning**, a drizzle of **olive oil** and toss to coat. Roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, finely chop the **garlic**. Roughly chop the **tomato**. Pick the **basil** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing until golden, **2-3 minutes**. Transfer to a small bowl.



## Make the garlic yoghurt

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Transfer to a second small bowl. Add the **Greek yoghurt** and a pinch of **salt** to the **garlic oil mixture** and stir to combine. Set aside.



## Cook the pesto pork

Return the frying pan to a high heat with a drizzle of **olive oil**. Cook the **pork strips** until golden, **2-3 minutes** (cook in batches if your pan is getting crowded). Remove from the heat, add 1/2 the **basil pesto** and season with **salt** and **pepper**. Stir to combine.



## Bring it together

In a large bowl, add the **tomato, roasted veggies** and **remaining pesto**. Toss to combine and season with **salt** and **pepper**. Stir through the **baby spinach leaves**.



## Serve up

Slice the **basil** leaves. Divide the roast veggie toss between plates and top with the pesto pork. Drizzle over the garlic yoghurt and garnish with the basil and flaked almonds.

Enjoy!