



Easy Pork & Mumbai Coconut Sauce

with Roast Capsicum Toss & Pepitas

Grab your Meal Kit
with this symbol



Capsicum



Chopped Veggie Mix



Mild North Indian Spice Blend



Pork Loin Steaks



Mumbai Spice Blend



Coconut Milk



Baby Spinach Leaves



Pepitas

Hands-on: 15-25 mins
 Ready in: 30-40 mins
 Naturally Gluten-Free
Not suitable for coeliacs

Carb Smart

There's nothing we love more than a super simple weeknight dinner recipe, and this Indian pork dish is a flavourful new favourite. A low-carb winner we know you'll love, too!

Pantry items

Olive Oil, White Wine Vinegar

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 |
| capsicum | 1 | 2 |
| chopped veggie mix | 1 medium bag | 1 large bag |
| mild North Indian spice blend | 1 sachet | 2 sachets |
| pork loin steaks | 1 small packet | 1 large packet |
| Mumbai spice blend | 1 sachet | 2 sachets |
| salt* | ¼ tsp | ½ tsp |
| coconut milk | 1 medium tin | 1 large tin |
| baby spinach leaves | 1 small bag (30g) | 1 medium bag (60g) |
| white wine vinegar* | drizzle | drizzle |
| pepitias | 1 medium packet | 1 large packet |

*Pantry items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2059kJ (492Cal) | 382kJ (91Cal) |
| Protein (g) | 44.5g | 8.3g |
| Fat, total (g) | 23.8g | 4.4g |
| - saturated (g) | 14.6g | 2.7g |
| Carbohydrate (g) | 20.7g | 3.8g |
| - sugars (g) | 14.5g | 3.8g |
| Sodium (mg) | 681mg | 126mg |
| Dietary Fibre (g) | 16.8g | 2.5g |

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.



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **capsicum**.
- Place **capsicum** and **chopped veggie mix** on a lined oven tray.
- Sprinkle with **mild North Indian spice blend** and drizzle with **olive oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast until tender, **20-25 minutes**.



Cook the pork

- When the roasted veggies have 15 minutes remaining, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat.
- Cook **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness).
- Transfer to a plate and cover with foil to rest.

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



Cook the sauce

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Add **Mumbai spice blend** and the **salt**. Cook, stirring, until fragrant, **1 minute**.
- Stir through **coconut milk** and simmer until thickened slightly, **1-2 minutes**.
- Season with **pepper**, then remove from heat.



Serve up

- Place **baby spinach leaves** on the roasted veggie tray. Drizzle with **white wine vinegar**, then toss to combine.
- Slice pork steaks.
- Divide roast capsicum toss between plates. Top with the pork.
- Spoon the Mumbai coconut sauce over the pork. Sprinkle with **pepitias** to serve.

Enjoy!