



MARLEY SPOON



Grilled Pork with Jacket Potatoes, Fennel and Beets

 30-40min  2 Portions

Lean pork chops are thrown on the barbie and seared to perfection as we roast beetroot, carrot and potatoes on the barbie, too. We team it all with a deliciously good yoghurt, honey and chive dressing making this dinner a perfect Summer barbecue meal.

What we send

- crushed caraway seeds
- baby spinach
- free-range pork loin steak
- Greek-style yoghurt ⁷
- lemon
- chives
- carrot
- beetroot
- potato

What you'll require

- Australian honey
- olive oil
- salt and pepper

Utensils

- baking paper
- barbecue
- foil
- large frypan
- oven tray

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 675.0kcal, Fat 24.8g, Proteins 43.0g, Carbs 61.0g



1. Bake potatoes

Preheat barbecue or oven to 240C. Halve each **potato** lengthwise and place in a bowl with 2 tbs **oil**. Season with **sea salt and pepper** and toss to coat. Prepare four 30cm square sheets of foil and divide the potatoes between them. Fold over to enclose potato and seal edges. Cook on cooler part of barbecue, turn occasionally or bake in oven for 30 mins.



4. Prepare sauce

Mix the **yoghurt** with the **chopped chives**, 1 tsp **honey** and a pinch of **sea salt and pepper**.



2. Prepare vegetables

Meanwhile, cut the **beetroot** into 2cm thick wedges. Thickly slice the **carrot**. Coarsely chop the **chives**. Squeeze half the **lemon** and cut the remaining half into wedges.



5. Grill pork

If you are not using a barbecue, heat a chargrill or frypan over high heat. Season the **pork chops** with **sea salt and pepper** and cook for 2-3 mins each side.



3. Grill vegetables

Place the **beetroot** and **carrot** on a lined oven tray. Drizzle over 2 tbs **oil**, sprinkle over half of the **caraway seeds** (reserve remaining for another use) and season with **sea salt and pepper**. Grill on the barbecue for 10-15 mins until cooked through and lightly charred. Alternatively, roast in the oven for 15-20 mins until tender.



6. Get ready to serve

Toss the **baby spinach** through the **roasted vegetables** and add 2 tbs **lemon juice**. Serve the **pork** with the vegetables and **lemon wedges** and drizzle the **yoghurt dressing** over the potatoes.