



Orange & Cherry-Glazed Pork Steak

with Mash & Almond Veggies

XMAS IN JULY

Grab your Meal Kit with this symbol



Orange



Carrot



Potato



Garlic



Flaked Almonds



Baby Spinach Leaves



Garlic & Herb Seasoning



Pork Loin Steaks



Cherry Sauce



Chicken Breast

Recipe Update

Unfortunately, this week's silverbeet was in short supply, so we've replaced it with baby spinach. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 25-35 mins
Ready in: 30-40 mins

Calorie Smart

Eat Me Early*
*Custom Recipe only

We're bringing the sweet and juicy taste of a fruit orchid to your pork steak dinner with a rich orange and cherry glaze. It adds those zesty sweet notes to brighten up this dish and leave you with a smile that only vibrant fruit can bring.

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

Pantry items

Olive Oil, Butter, Milk

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| orange | ½ | 1 |
| carrot | 1 | 2 |
| potato | 2 | 4 |
| garlic | 2 cloves | 4 cloves |
| butter* | 40g | 80g |
| milk* | 2 tbs | ¼ cup |
| flaked almonds | 1 packet | 2 packets |
| baby spinach leaves | 1 medium bag | 1 large bag |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| pork loin steaks | 1 packet | 1 packet |
| cherry sauce | 1 medium packet | 1 large packet |
| chicken breast** | 1 packet | 1 packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2493kJ (596Cal) | 450kJ (108Cal) |
| Protein (g) | 43.6g | 7.9g |
| Fat, total (g) | 22.1g | 4g |
| - saturated (g) | 12g | 2.2g |
| Carbohydrate (g) | 54.7g | 9.9g |
| - sugars (g) | 27.5g | 5g |
| Sodium (mg) | 778mg | 140mg |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2555kJ (611Cal) | 453kJ (108Cal) |
| Protein (g) | 40.6g | 7.2g |
| Fat, total (g) | 25.3g | 4.5g |
| - saturated (g) | 12.9g | 2.3g |
| Carbohydrate (g) | 54.7g | 9.7g |
| - sugars (g) | 27.5g | 4.9g |
| Sodium (mg) | 803mg | 142mg |

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW27



Get prepped

- Bring a medium saucepan of salted water to the boil.
- Halve the **orange (see ingredients)**. Thinly slice **carrot** into sticks.
- Peel **potato**, then cut into large chunks. Finely chop **garlic**.

TIP: Save time and get more fibre by leaving the potato unpeeled.

Little cooks: Under adult supervision, older kids can help peel the potato.



Cook the pork

- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks** and toss to coat.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour chicken as above. Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side.



Make the mash

- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!



Glaze the pork

- Remove pan from heat, then add **cherry sauce** and a squeeze of **orange juice** (1 tbs for 2 people / 2 tbs for 4 people). Turn **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

Custom Recipe: Coat chicken in the glaze in the same way as above.



Cook the veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** until just tender, **4-5 minutes**.
- Add **garlic** and **flaked almonds** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**.
- Add **baby spinach leaves** and stir until wilted. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



Serve up

- Slice orange and cherry-glazed pork.
- Divide pork, mash and almond veggies between plates.
- Spoon remaining orange-cherry sauce over pork to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate