



# Beetroot Relish-Glazed Pork Steak

with Garlic Crushed Veggies & Celery Super Slaw

NEW

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Parsnip



Pork Loin Steaks



Nan's Special Seasoning



Garlic



Beetroot Relish



Celery



Super Slaw



Mayonnaise



Chicken Breast

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

Carb Smart

Eat Me Early\*  
\*Custom Recipe only

If you're looking for 'wow factor', then you're going to want a pop of colour on your pork steak and nothing can beat the beetroot when it comes to vibrancy on a plate. Glaze the pork in a sweet beetroot relish to shine beside the fragrant garlic crushed veggies for a dinner that tastes as good as it looks.

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

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## 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
<b>olive oil*</b>	refer to method	refer to method
potato	1	2
parsnip	1	2
pork loin steaks	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
beetroot relish	1 medium packet	2 medium packets
celery	2 stalks	4 stalks
super slaw	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet
<b>white wine vinegar*</b>	drizzle	drizzle
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	477kJ (114Cal)
Protein (g)	41.8g	8g
Fat, total (g)	31.1g	6g
- saturated (g)	13.4g	2.6g
Carbohydrate (g)	35.2g	6.8g
- sugars (g)	18.6g	3.6g
Sodium (mg)	916mg	176mg
Dietary Fibre (g)	7.6g	1.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (605Cal)	477kJ (114Cal)
Protein (g)	39.5g	7.5g
Fat, total (g)	33.8g	6.4g
- saturated (g)	14.1g	2.7g
Carbohydrate (g)	36g	6.8g
- sugars (g)	18.7g	3.5g
Sodium (mg)	942mg	178mg
Dietary fibre	7.6g	1.4g

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](https://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

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## Cook the veggies

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **parsnip** and cut both into bite-sized chunks.
- Cook **potato** and **parsnip** in boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.

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

4



## Make the slaw

- Thinly slice **celery**.
- In a second medium bowl, combine **super slaw**, **celery**, **mayonnaise** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

**Little cooks:** Kids can help toss the slaw.

2



## Get prepped

- While the veggies are cooking, combine **pork loin steaks**, **Nan's special seasoning** and a drizzle of **olive oil** in a medium bowl.
- Finely chop **garlic**.
- In a small heatproof bowl, place **garlic** and half the **butter**, then microwave in **10 second** bursts until melted.

**Custom Recipe:** If you've swapped from pork loin steaks to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Flavour chicken in the same way as the pork.

5



## Finish the veggies

- When the veggies are done, add **garlic butter** and toss to coat. Lightly crush **veggies** with a fork. Season to taste.

**Little cooks:** Help crush the veggies.

3



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove pan from heat, add **beetroot relish**, remaining **butter** and a splash of **water**, turning **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.

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

**Custom Recipe:** Heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Continue with step.

6



## Serve up

- Divide beetroot-glazed pork steak, celery slaw and garlicky crushed veggies between plates.
- Drizzle over any remaining sauce from the pan to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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