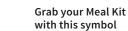
Spiced Pork & Creamy Pesto Dressing with Steamed Veggies & Garlic Crushed Potatoes

KID FRIENDLY















Carrot

Broccoli Florets





Lemon

Pork Loin



Aussie Spice



Stock Powder



Creamy Pesto Dressing



Everything on this plate has a little trick up its sleeve. First up, a mild spice on the pork will catch your eye and the fragrant garlic in the crushed potato will burst through when you take a bite. For the finale, a drizzle of pesto dressing is enough to get a standing ovation.

Pantry items Olive Oil, Butter

Calorie Smart

Prep in: 25-35 mins

Ready in: 25-35 mins

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
potato	2	4
garlic	2 cloves	4 cloves
broccoli florets	1 bag (200g)	1 bag (400g)
carrot	1	2
lemon	1/2	1
pork loin steaks	1 packet	1 packet
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
creamy pesto dressing	1 packet (40g)	1 packet (80g)
chicken breast**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2434kJ (582Cal)	409kJ (98Cal)
Protein (g)	45.7g	7.7g
Fat, total (g)	24.3g	4.1g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	42.3g	7.1g
- sugars (g)	16g	2.7g
Sodium (mg)	1287mg	216mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2482kJ (593Cal)	410kJ (98Cal)
Protein (g)	43.4g	7.2g
Fat, total (g)	27g	4.5g
- saturated (g)	8.5g	1.4g
Carbohydrate (g)	43.1g	7.1g
- sugars (g)	16.1g	2.7g
Sodium (mg)	1313mg	217mg

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.



Scan here if you have any questions or concerns





Cook the potatoes & veggies

- Boil the kettle. Cut potato into large chunks. Finely chop garlic. Cut any larger broccoli florets in half. Thinly slice carrot into sticks. Slice lemon into wedges.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
- In the last 10 minutes of cook time, place a colander or steamer basket on top
 of the pan, then add broccoli and carrot. Cover and steam until veggies are
 tender and potato can be easily pierced with a fork, 7-10 minutes.
- Transfer veggies to a bowl. Add a squeeze of lemon juice, season, then set aside. Drain the potato and set aside.



Finish the potatoes

- Return the empty saucepan to medium-high heat, then add the butter and garlic and cook, stirring, until fragrant, 1 minute.
- Add chicken-style stock powder. Stir to combine, then remove from heat.
- Add potato to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry!

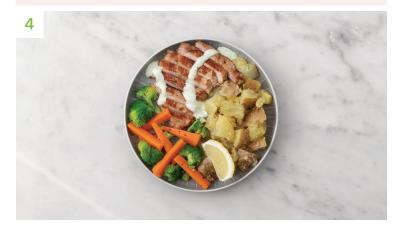
Little cooks: Get those muscles working and help crush the potatoes!



Cook the pork

- Meanwhile, combine pork loin steaks, Aussie spice blend and a drizzle of olive oil in a medium bowl.
- 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.
- Transfer to a plate, cover and rest for **5 minutes**.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Flavour chicken in the same way as the pork. Heat the pan as above. Cook chicken until cooked through, 3-5 minutes each side. Transfer to a plate, cover and rest for 5 minutes.



Serve up

- Slice spiced pork.
- Divide pork, steamed veggies and garlic-crushed potatoes between plates.
- Top pork with creamy pesto dressing. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by drizzling over the pesto dressing!

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