



Spiced Pork & Creamy Pesto Dressing

with Steamed Veggies & Garlic Crushed Potatoes

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Broccoli Florets



Carrot



Lemon



Pork Loin Steaks



Aussie Spice Blend



Chicken-Style Stock Powder



Creamy Pesto Dressing



Chicken Breast

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



Calorie Smart



Eat Me Early*

*Custom Recipe only

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.

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

Pantry items

Olive Oil, Butter

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	½	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.

We're here to help!

Scan here if you have any questions or concerns



2023 | CW40



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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