



Seared Pork & Caramelised Onion Sauce

with Veggie Fries & Radish Salad

CUSTOMER FAVOURITE

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Potato



Beetroot



Onion



Radish



Aussie Spice Blend



Pork Loin Steaks



Onion Chutney



Spinach & Rocket Mix



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins



Calorie Smart



Eat Me Early*

*Custom Recipe only

Seasoned, seared and sliced, this pork is too good to pass up on a chance to show it off. Serve with veggie fries and a caramelised onion sauce over the top to get those mouths watering. Bring it home with a peppery radish salad!

CUSTOM RECIPE

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

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, 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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
potato	1	2
beetroot	1	2
onion	1 (medium)	1 (large)
radish	2	3
Aussie spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
onion chutney	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
spinach & rocket mix	1 medium bag	1 large bag
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)	1645kJ (393Cal)	286kJ (68Cal)
Protein (g)	42.3g	7.3g
Fat, total (g)	3.3g	0.6g
- saturated (g)	0.9g	0.2g
Carbohydrate (g)	46.5g	8.1g
- sugars (g)	27.3g	4.7g
Sodium (mg)	772mg	134mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1693kJ (405Cal)	289kJ (69Cal)
Protein (g)	39.9g	6.8g
Fat, total (g)	6g	1g
- saturated (g)	1.6g	0.3g
Carbohydrate (g)	47.3g	8.1g
- sugars (g)	27.3g	4.7g
Sodium (mg)	798mg	136mg
Dietary fibre	10.3g	1.7g

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



1



Bake the veggie fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **carrot, potato** and **beetroot** into fries.
- Place **veggie fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

4



Cook the pork

- Wash and dry the frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).
- Transfer to a plate. Cover and set aside to rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: Heat frying in the same way as above. Cook chicken until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.

2



Get prepped

- Meanwhile, thinly slice **onion** and **radish**.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.

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. Combine chicken with spice blend as above.

5



Toss the salad

- While the pork is cooking, combine a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl.
- Season, then add **radish** and **spinach & rocket mix**. Toss to combine.

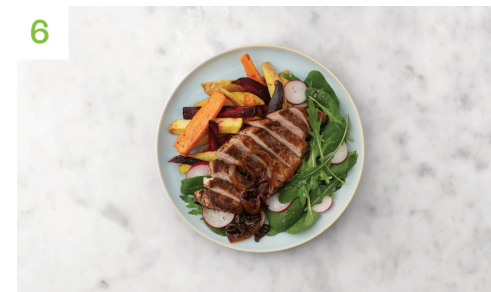
3



Make the onion sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **5-6 minutes**.
- Reduce heat to medium, then add the **balsamic vinegar, brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**.
- Remove pan from heat, then add **onion chutney** and a splash of **water** and stir to combine. Transfer to a bowl.

6



Serve up

- Slice seared pork.
- Divide radish salad, veggie fries and pork between plates.
- Top pork with caramelised onion sauce to serve. Enjoy!

Rate your recipe

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