



Seared Pork & Herby Hollandaise

with Roast Potato Chunks & Apple Slaw

NEW KID FRIENDLY DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Radish



Apple



Parsley



Lemon



Garlic & Herb Seasoning



Pork Loin Steaks



Slaw Mix



Hollandaise



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Carb Smart^
^Custom Recipe is not Carb Smart

Hello, did someone call for one amazing pork dinner special? We are ready to serve you up one with a herby hollandaise for a fragrant sauce and the roast potatoes boost this experience up to a five-star level. We recommend you dig in straight away!

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

Pantry items

Olive Oil, 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
potato	2	4
radish	2	3
apple	1	2
parsley	1 bag	1 bag
lemon	½	1
garlic & herb seasoning	½ medium sachet	1 medium sachet
pork loin steaks	1 packet	1 packet
slaw mix	1 bag (150g)	1 bag (300g)
white wine vinegar*	drizzle	drizzle
hollandaise	1 medium packet	2 medium packets
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)	165kJ (396Cal)	317kJ (76Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	10.1g	1.9g
- saturated (g)	1.3g	0.2g
Carbohydrate (g)	39.6g	7.6g
- sugars (g)	17.7g	3.4g
Sodium (mg)	597mg	114mg
Dietary Fibre (g)	6.8g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1702kJ (407Cal)	320kJ (76Cal)
Protein (g)	38.4g	7.2g
Fat, total (g)	12.8g	2.4g
- saturated (g)	2g	0.4g
Carbohydrate (g)	40.4g	7.6g
- sugars (g)	17.8g	3.3g
Sodium (mg)	623mg	117mg

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 | CW46



1



Roast the potato

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

Little cooks: Kids can help toss the potato chunks.

4



Make the slaw

- Meanwhile, combine **slaw mix**, **radish**, **apple** and a drizzle of **white wine vinegar** and **olive oil** in a second medium bowl. Season to taste.

2



Get prepped

- Meanwhile, thinly slice **radish**. Thinly slice **apple** into sticks. Finely chop **parsley**. Zest **lemon**, then slice into wedges.
- In a medium bowl, combine **garlic & herb seasoning** (see ingredients), **pork loin steaks** and a drizzle of **olive oil**.

Little cooks: Under adult supervision, older kids can help grate the zest.

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

5



Make the sauce

- While the pork is resting, combine **hollandaise**, **parsley**, **lemon zest** and a squeeze of **lemon juice** in a small bowl. Season to taste.

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).
- 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 steaks until cooked through, 3-5 minutes each side.

6



Serve up

- Slice the seared pork.
- Divide pork, roast potato chunks and apple slaw between plates. Top pork with herby hollandaise.
- Serve with any remaining lemon wedges. Enjoy!

Rate your recipe

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