



Herby Pork Steak & Potato Fries

with Salsa Verde & Carrot Ribbon Salad

NEW

Grab your Meal Kit with this symbol



Potato Fries



Tomato



Carrot



Coriander



Pork Loin Steaks



Garlic & Herb Seasoning



Chilli Flakes (Optional)



Mixed Salad Leaves



Mayonnaise



Pork Loin Steaks

Recipe Update

We've replaced the radish in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-40 mins

Carb Smart*
**Custom Recipe is not Carb Smart*

Savour the irresistible aroma of tender, juicy pork loin, marinated in garlicky, herby spices and slathered in punchy salsa verde. A carrot ribbon salad served alongside adds the perfect amount of crunchy texture and acidic brightness!

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

Pantry items

Olive Oil, Honey, White Wine Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after cutting raw meat/poultry.

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 fries	1 medium packet	1 large packet
tomato	1	2
carrot	1	2
coriander	1 packet	1 packet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium packet	1 large packet
chilli flakes  (optional)	pinch	pinch
honey*	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2566kJ (613Cal)	501kJ (120Cal)
Protein (g)	40.6g	7.9g
Fat, total (g)	33.4g	6.5g
- saturated (g)	5.3g	1g
Carbohydrate (g)	35.7g	7g
- sugars (g)	7.1g	1.4g
Sodium (mg)	738mg	144mg
Dietary Fibre (g)	6.8g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3264kJ (780Cal)	493kJ (118Cal)
Protein (g)	76.1g	11.5g
Fat, total (g)	36g	5.4g
- saturated (g)	6.2g	0.9g
Carbohydrate (g)	35.7g	5.4g
- sugars (g)	7.1g	1.1g
Sodium (mg)	812mg	123mg
Dietary fibre	6.8g	1g

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



2024 | CW22

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Place **potato 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**.

4



Cook the pork

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

2



Get prepped

- Meanwhile, roughly chop **tomato**. Using a vegetable peeler, slice **carrot** into ribbons. Finely chop **coriander**.
- In a medium bowl, combine **pork loin steaks**, **garlic & herb seasoning** and a drizzle of **olive oil**. Set aside.

Custom Recipe: If you've doubled your pork loin steaks, flavour in a large bowl.

5



Toss the salad

- Meanwhile, combine **tomato**, **carrot**, **mixed salad leaves** and a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season to taste.

3



Make the salsa verde

- In a small bowl, combine **coriander**, **olive oil** (2 tbs 2 people / ¼ cup 4 people) and a pinch of **chilli flakes** (if using). Season and set aside.

6



Serve up

- Slice pork steak.
- Divide herby pork, potato fries and carrot ribbon salad between plates.
- Top pork with salsa verde and serve with **mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate