

Garlicky Pork Steak & Homemade Pesto Potatoes

with Zingy Apple Salad

SKILL UP

NEW

Grab your meal kit with this number

39



Potato



Garlic



Apple



Lemon



Flaked Almonds



Parsley



Grated Parmesan Cheese



Garlic & Herb Seasoning



Pork Loin Steaks



Mixed Salad Leaves



Chicken Breast



Pork Loin Steaks

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

 Calorie Reduced

Time to unleash your inner chef! This week, we're whipping up a zingy homemade pesto, where fresh parsley, garlic and Parmesan cheese come together in a magical sauce that's as versatile as it is flavourful. In this meal, pesto becomes a glowing green dressing for fluffy potatoes, forming the perfect accompaniment to tender pork steak. Once you've got this technique down, your options are endless!

Pantry items

Olive Oil

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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 · Mortar and pestle · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
apple	1	2
lemon	½	1
flaked almonds	1 packet	2 packets
parsley	1 packet	1 packet
grated Parmesan cheese	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1993kJ (476Cal)	427kJ (102Cal)
Protein (g)	46.4g	9.9g
Fat, total (g)	13.7g	2.9g
- saturated (g)	4g	0.9g
Carbohydrate (g)	39.9g	8.5g
- sugars (g)	21.3g	4.6g
Sodium (mg)	641mg	137mg
Dietary Fibre (g)	5.6g	1.2g

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.



Start the potatoes

- Boil the kettle. Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cut **potato** into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.



Cook the pork

- In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and cook 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**.



Get prepped

- Meanwhile, peel **garlic**. Thinly slice **apple** into wedges. Slice **lemon** into wedges.



Bring it all together

- When the **potatoes** are done, drain **potatoes** and return to saucepan. Add **homemade pesto**, tossing to combine. Season to taste.
- In a large bowl, combine **apple**, **mixed salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.



Make the pesto

- Crush **garlic** and **flaked almonds** with a mortar and pestle.
- Tear in **parsley** leaves and pound until combined. Add **grated Parmesan cheese** and pound until your preferred consistency.
- Add **olive oil** (¼ cup for 2 people / ½ cup for 4 people) and a squeeze of **lemon juice** and season with **salt** and **pepper**. Set aside.

TIP: If you don't have a pestle and mortar, you can combine ingredients in a food processor.



Serve up

- Slice pork steak.
- Divide garlicky pork steak, homemade pesto potatoes and zingy apple salad between plates.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



CUSTOM
OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE PORK LOIN STEAKS

Follow method above.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

