

# Citrus-Cherry Glazed Pork Steak

with Mash & Almond Veggies

CHRISTMAS IN JULY

KID FRIENDLY

Grab your meal kit with this number

14



Orange



Carrot



Baby Leaves



Potato



Garlic



Flaked Almonds



Garlic & Herb Seasoning



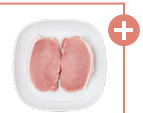
Pork Loin Steaks



Cherry Sauce



Chicken Breast



Pork Loin Steaks

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

 Calorie Smart

We're bringing the sweet and juicy taste of a fruit orchid to your pork steak dinner with a rich orange and cherry glaze. It adds those zesty sweet notes to brighten up this dish and leave you with a smile that only vibrant fruit can bring.

### Pantry items

Olive Oil, Butter, Milk

## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
orange	½	1
carrot	1	2
baby leaves	1 medium packet	1 large packet
potato	2	4
garlic	2 cloves	4 cloves
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
flaked almonds	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
cherry sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2663kJ (636Cal)	494kJ (118Cal)
Protein (g)	43.3g	8g
Fat, total (g)	27g	5g
- saturated (g)	12.7g	2.4g
Carbohydrate (g)	55.2g	10.2g
- sugars (g)	32.5g	6g
Sodium (mg)	688mg	128mg
Dietary Fibre (g)	8.1g	1.5g

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

- Bring a medium saucepan of salted water to the boil.
- Halve **orange** (see ingredients). Thinly slice **carrot** into sticks. Roughly chop **baby leaves**.
- Peel **potato**, then cut into large chunks. Finely chop **garlic**.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.

**Little cooks:** Under adult supervision, older kids can help peel the potato.



## 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.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).



## Make the mash

- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

**Little cooks:** Get those muscles working and help mash the potatoes!



## Glaze the pork

- Remove pan from heat, then add **cherry sauce** and a squeeze of **orange juice** (1 tbs for 2 people / 2 tbs for 4 people). Turn **pork** to coat.
- Transfer to a plate, cover and rest for **5 minutes**.



## Cook the veggies

- Meanwhile, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** until just tender, **4-5 minutes**.
- Add **baby leaves** and cook until softened, **1-2 minutes**.
- Add **garlic** and **flaked almonds** and cook until fragrant, **1-2 minutes**. Season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Slice citrus-cherry glazed pork.
- Divide mash, almond veggies and pork between plates.
- Spoon remaining citrus-cherry sauce over pork to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW29



### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### DOUBLE PORK LOIN STEAK

Follow method above.

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

