



Quick Spiced Pork & Creamy Pesto Dressing

with Steamed Veggies & Garlic-Crushed Potatoes

KID FRIENDLY

Grab your meal kit with this number

26



Potato



Garlic



Broccoli Florets



Carrot



Lemon



Aussie Spice Blend



Pork Loin Steaks



Chicken-Style Stock Powder



Creamy Pesto Dressing



Chicken Breast



Pork Loin Steak

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

Protein Rich

Calorie Smart

Everything on this plate has a little trick up its sleeve. First up, a mild spice on the pork will catch your eye and the fragrant garlic in the crushed potato will burst through when you take a bite. For the finale, a drizzle of pesto dressing is enough to get a standing ovation.

Pantry items

Olive Oil, Butter

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
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
broccoli florets	1 medium packet	1 large packet
carrot	1	2
lemon	½	1
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
butter*	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
creamy pesto dressing	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2839kJ (679cal)	269kJ (64cal)
Protein (g)	39.9g	3.8g
Fat, total (g)	26.8g	2.5g
- saturated (g)	8.5g	0.8g
Carbohydrate (g)	64.2g	6.1g
- sugars (g)	19.3g	1.8g
Sodium (mg)	1612mg	152.5mg
Dietary Fibre (g)	5.9g	0.6g

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.



Make 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. Finely chop **garlic**. Cut any larger **broccoli florets** in half. Thinly slice **carrot** into sticks. Slice **lemon** into wedges.
- Cook **potato** in the **boiling water**, over high heat, until easily pierced with a fork, **12-15 minutes**.
- In the **last 10 minutes** of cook time, place a colander or steamer basket on top of the pan, then add **broccoli** and **carrot**. Cover and steam until veggies are tender and **potato** can be easily pierced with a fork, **7-10 minutes**.
- Transfer veggies to a bowl. Add a squeeze of **lemon juice**, season, then set aside. Drain **potato** and set aside.



Finish the potatoes

- Return the empty saucepan to medium-high heat, then add the **butter** and **garlic** and cook, stirring, until fragrant, **1 minute**.
- Add **chicken-style stock powder**. Stir to combine, then remove from heat.
- Add **potato** to the pan and toss to coat. Lightly crush with a fork. Cover to keep warm.



Cook the pork

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks**, turn to coat.
- 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.
- Transfer to a plate, cover and rest for **5 minutes**.



Serve up

- Slice spiced pork.
- Divide pork, steamed veggies and garlic-crushed potatoes between plates.
- Top pork with **creamy pesto dressing**. Serve with any remaining lemon wedges. Enjoy!

Little cooks: Add the finishing touch by drizzling over the pesto dressing!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW44



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.

