

# Garlicky Pork Steak & DIY Pesto Potatoes

with Zingy Apple Salad

SKILL UP

Grab your meal kit with this number

41



Potato



Garlic



Apple



Lemon



Slivered Almonds



Parsley



Grated Parmesan Cheese



Garlic & Herb Seasoning



Pork Loin Steaks



Mixed Salad Leaves



Pork Loin Steaks



Chicken Breast

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



Protein Rich



Calorie Smart

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.

### 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
apple	1	2
lemon	½	1
slivered 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)	2231kJ (533cal)	261kJ (62cal)
Protein (g)	48.3g	5.7g
Fat, total (g)	18.2g	2.1g
- saturated (g)	4.4g	0.5g
Carbohydrate (g)	41.6g	4.9g
- sugars (g)	21.7g	2.5g
Sodium (mg)	641mg	75.1mg
Dietary Fibre (g)	5.1g	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](https://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, cook **pork steaks** 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 the 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 **slivered 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**. Stir to combine and set aside.

**TIP:** If you don't have a pestle and mortar, you can combine ingredients in a food processor, or finely chop with a knife.



## Serve up

- Slice pork steaks.
- Divide garlicky pork steaks, DIY 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 | CW45



### CUSTOM OPTIONS



#### DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.



#### SWAP TO CHICKEN BREAST

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

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

