



# Pork Loin & Creamy Pesto Dressing

with Steamed Veggies & Garlic-Crushed Potatoes

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

18



Potato



Garlic



Carrot



Lemon



Broccoli Florets



Pork Loin Steaks



Classic Roast Seasoning



Chicken-Style Stock Powder



Creamy Pesto Dressing



Pork Loin Steak



Chicken Breast

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 fragrant garlic in the 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
carrot	1	2
lemon	½	1
broccoli florets	1 medium packet	1 large packet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
<b>butter*</b>	20g	40g
chicken-style stock powder	1 medium sachet	1 large sachet
creamy pesto dressing	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2456kJ (586Cal)	396kJ (94Cal)
Protein (g)	44.6g	7.2g
Fat, total (g)	24.2g	3.9g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	40.9g	6.6g
- sugars (g)	8.6g	1.4g
Sodium (mg)	1191mg	192mg
Dietary Fibre (g)	10.8g	1.7g

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.

1



## Start the veggies

- Boil the kettle. Cut **potato** into large chunks. Finely chop **garlic**. Thinly slice **carrot** into sticks. Slice **lemon** into wedges.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. 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 florets** and **carrot**. Cover and steam until veggies are tender and potato can be easily pierced with a fork, **7-10 minutes**.
- Transfer **broccoli** and **carrot** to a bowl. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season with **salt** and **pepper**, toss to combine then set aside. Drain **potato** and set aside.

3



## 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.

### 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.

2



## Cook the pork

- Meanwhile, combine **pork loin steaks**, **classic roast seasoning** and a drizzle of **olive oil** in a medium bowl.
- 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**.

4



## Serve up

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

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW52



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

