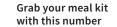
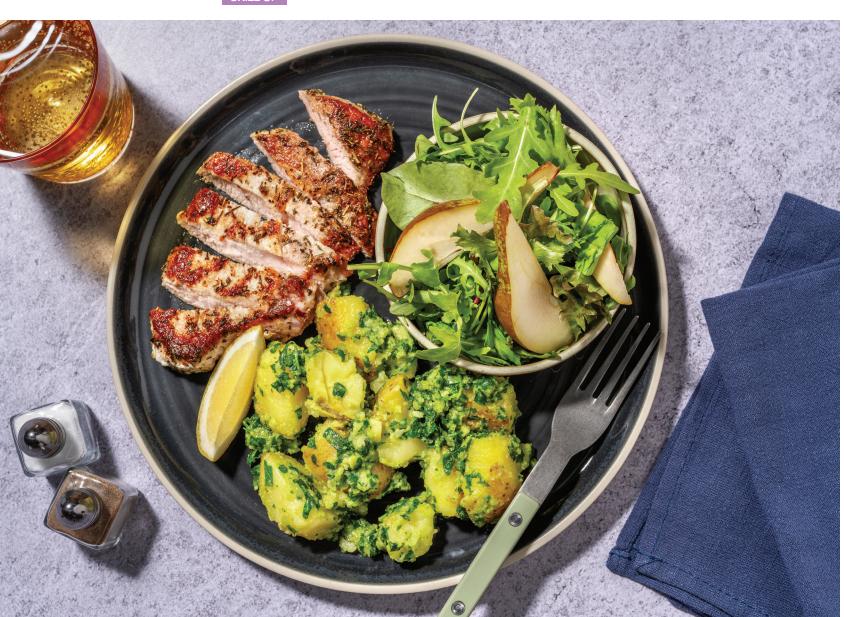


Garlicky Pork Steak & DIY Pesto Potatoes with Zingy Pear Salad

SKILL UP



















Flaked Almonds



Grated Parmesan



Seasoning

Cheese



Pork Loin Steaks





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

Carb 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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| garlic | 1 clove | 2 cloves |
| pear | 1 | 2 |
| lemon | 1/2 | 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) | 2279kJ (544Cal) | 468kJ (111Cal) |
| Protein (g) | 48.8g | 10g |
| Fat, total (g) | 18.2g | 3.7g |
| - saturated (g) | 4.4g | 0.9g |
| Carbohydrate (g) | 38.1g | 7.8g |
| - sugars (g) | 9.3g | 1.9g |
| Sodium (mg) | 642mg | 132mg |
| Dietary Fibre (g) | 6.6g | 1.4g |
| | | |

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. Drain and set aside.



Get prepped

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



Make the pesto

- In a pestle and mortar, crush garlic and flaked almonds.
- Tear in **parsley** and pound until combined.
- · Add grated Parmesan cheese and pound until your preferred consistency.
- Add olive oil (1/4 cup for 2 people / 1/2 cup for 4 people) and a squeeze of lemon juice and season with salt and pepper. Stir well to combine. Set aside.

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



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 until cooked through, 3-4 minutes each side (cook in batches if your pan is getting
- Transfer to a plate, cover and rest for 5 minutes.

if necessary.



Bring it all together

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

SWAP TO CHICKEN BREAST



Serve up

- · Slice pork.
- Divide garlicky pork steaks, DIY pesto potatoes and zingy pear salad between plates.
- · Serve with any remaining lemon wedges. Enjoy!

