

Pork Loin & Creamy Pesto Dressing

with Steamed Veggies & Garlic-Crushed Potatoes

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

18



Potato



Garlic



Broccoli Florets



Carrot



Lemon



Pork Loin Steaks



Classic Roast Seasoning



Chicken-Style Stock Powder



Creamy Pesto Dressing



Pork Loin Steaks



Chicken Breast

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

Protein Rich

Carb 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 with a lid · 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
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
classic roast seasoning	1 medium sachet	1 large sachet
butter*	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)	2448kJ (585Cal)	395kJ (94Cal)
Protein (g)	44.6g	7.2g
Fat, total (g)	24.2g	3.9g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	40.4g	6.5g
- sugars (g)	8.5g	1.4g
Sodium (mg)	1276mg	206mg
Dietary Fibre (g)	11g	1.8g

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.
- Cut **potato** into large chunks. Finely chop **garlic**. Halve any thicker **broccoli florets**. 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** and **carrot**. Cover and steam until veggies are tender and potato can be easily pierced with a fork, **7-10 minutes**.
- Transfer **broccoli** to a bowl. Add a squeeze of **lemon juice** and a drizzle of **olive oil**. Season, toss to combine then set aside. Drain **potato** and set aside.



Finish the potatoes

- Return 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 **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**.



Finish & serve

- Slice 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

2025 | CW02



CUSTOM OPTIONS



DOUBLE PORK LOIN STEAKS

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.

