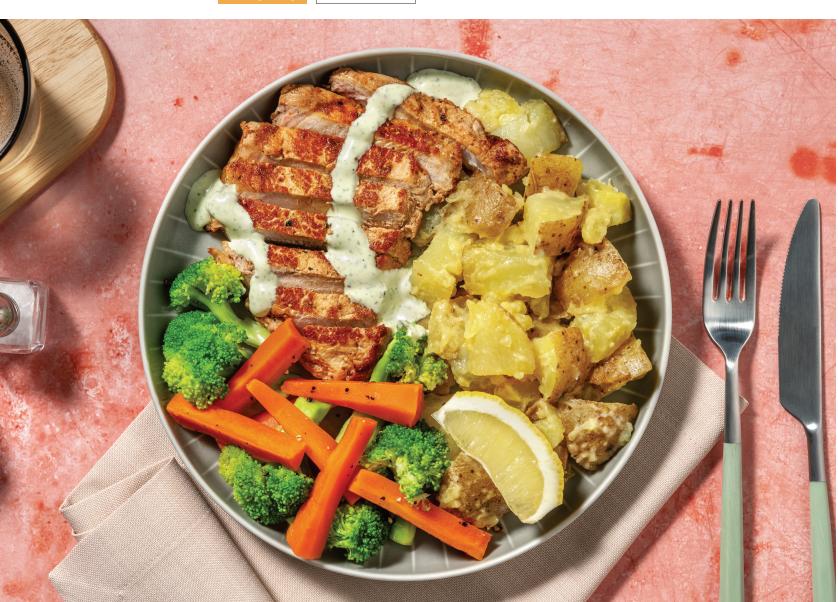


Pork Loin & Creamy Pesto Dressing with Steamed Veggies & Garlic-Crushed Potatoes

HELLOHERO

KID FRIENDLY



Grab your meal kit with this number







Potato



Broccoli Florets

Carrot





Lemon

Pork Loin Steaks





Seasoning

Chicken-Style Stock Powder



Creamy Pesto



Dressing



Pork Loin Steaks

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

Carb Smart



Protein Rich

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

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	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	1/2	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

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
- 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
- · Top pork with creamy pesto dressing.
- · Serve with any remaining lemon wedges. Enjoy!





DOUBLE PORK LOIN STEAKS Follow method above, cooking in batches if necessary.



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.

