



Easy Spiced Pork Steak & Hollandaise

with Mashed Potato & Steamed Greens

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Green Beans



Aussie Spice Blend



Pork Loin Steaks



Chicken-Style Stock Powder



Hollandaise



Roasted Almonds

Hands-on: 15-25 mins
 Ready in: 20-30 mins

Calorie Smart

A hot contender for 'best new accompaniment', the ready-made Hollandaise in this dish really takes it to the next level. We're serving it with mouth-watering spiced pork steaks, smooth mash and nourishing steamed greens.

Pantry items

Olive Oil, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
baby broccoli	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
Aussie spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
butter*	40g	80g
milk*	2½ tbs	½ cup
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
Hollandaise	1 medium packet	2 medium packets
roasted almonds	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (649Cal)	479kJ (114Cal)
Protein (g)	48.5g	8.5g
Fat, total (g)	31.9g	5.6g
- saturated (g)	12.9g	2.3g
Carbohydrate (g)	41g	7.2g
- sugars (g)	16g	2.8g
Sodium (mg)	1305mg	230mg

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.

1



Cook the potato & greens

- Boil the kettle.
- Peel **potato** and cut into large chunks. Trim **baby broccoli** and **green beans**. Half-fill a medium saucepan with boiling water and bring to the boil over a high heat.
- Cook **potato** in boiling water until easily pierced with a fork, **12-15 minutes**.
- When the potato has **5 minutes** cook time remaining, place a colander or steamer basket on top of the saucepan, then add **baby broccoli** and **green beans**. Cover with a lid and steam until tender. Transfer **greens** to a bowl and season with **salt** and **pepper**. Cover to keep warm.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over a 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 crowded).
- Transfer to a plate, cover and rest for **5 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

2



Flavour the pork & make the mash

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks**, season and turn to coat.
- Drain **potato** and return to saucepan with the **butter**, **milk**, **chicken-style stock powder** and a pinch of **pepper**. Mash until smooth. Cover to keep warm.

4



Serve up

- Slice spiced pork steaks.
- Divide mashed potato, steamed greens and pork between plates.
- Top pork with **Hollandaise**.
- Sprinkle over **roasted almonds** (roughly chop if you prefer) to serve.

Enjoy!