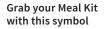


# Easy Spiced Pork Steak & Hollandaise with Mashed Potato & Steamed Greens

















Green Beans







Chicken-Style

Stock Powder

Steaks



Hollandaise



Roasted Almonds

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

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	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	⅓ cup	
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)	
Hollandaise	1 medium packet	2 medium packets	
roasted almonds	1 packet	2 packets	

<sup>\*</sup>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.



# 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.



# 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!



#### 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.



#### 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!