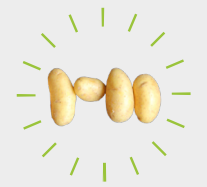




# HONEY-THYME GLAZED PORK

with Hasselback Potatoes & Greens



Master  
hasselback potatoes



Baby Potatoes



Broccoli



Courgette



Garlic



Thyme



Pork Loin



Hands-on: **30** mins  
Ready in: **60** mins

Ain't life a lot like good food? It's always a balance between the sweet and the savoury. We've walked the tightrope with this delicate blend of succulent pork with honey and thyme, hasselback potatoes and greens. Take a bite into this slice of life!

**Pantry Staples:** Olive Oil, Honey, Butter



## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** • **oven tray** lined with **baking paper** • **large frying pan**



### 1 PREP THE POTATOES

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of water to the boil. Add the **baby potatoes** (unpeeled) to the boiling water and cook for **10 minutes**. Drain and run under cold water until cool. Place 1 potato on a board between two wooden spoon handles. Thinly slice the potato without cutting all the whole way through. Repeat with the remaining potatoes.

**TIP:** To save time, skip the hasselbacks! Simply cut the baby potatoes into 1cm pieces, toss with olive oil, salt and pepper and roast for 20-25 minutes or until golden.



### 2 COOK THE POTATOES

Place the hasselback **potatoes** on an oven tray lined with baking paper. Season with a **generous pinch** of **salt** and **pepper** and **generously drizzle** with **olive oil**. Roast for **30-40 minutes**, or until tender.

While the potatoes are cooking, cut the **broccoli** into 2cm florets and roughly chop the stalk. Cut the **courgette** into 1cm chunks. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves.



### 3 COOK THE GREENS

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **broccoli** florets and stalk and cook, stirring, for **5-6 minutes**, or until almost tender.

**TIP:** Add a **dash** of **water** to help the **broccoli** cook faster. Add the **courgette** and cook, stirring, for **3-4 minutes**, or until tender. Add the **garlic** and cook for **1 minute**, or until fragrant. Season with a **pinch** of **salt** and **pepper**. Transfer to a plate and cover to keep warm.



### 4 COOK THE PORK STEAKS

When the potatoes have **10 minutes** cook time remaining, wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Season the **pork loin** steaks with a **pinch** of **salt** and **pepper** on both sides. When the oil is hot, cook the pork for **2-3 minutes** on each side (depending on thickness), or until almost cooked through.

**TIP:** It's okay to serve pork slightly blushing in the centre.



### 5 COOK THE SAUCE

Reduce the heat to low, add the **honey**, **thyme** and **butter** to the pan and spoon over the pork for a further **2 minutes**, or until the sauce begins to thicken. Transfer the **pork** to the plate with the greens. Continue cooking the honey-thyme sauce for a further **1 minute**, or until syrupy and caramelised.



### 6 SERVE UP

Divide the hasselback potatoes, greens and honey-thyme pork steaks between plates. Stir the remaining honey-thyme sauce to combine, then drizzle over the pork.

**TIP:** For kids, follow our serving suggestion in the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
baby potatoes	1 bag (1 kg)
broccoli	2 heads
courgette	2
garlic	1 clove
thyme	1 bunch
pork loin	1 packet
honey*	2 ½ tbs
butter*	80 g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2440kJ (582Cal)	357kJ (85Cal)
Protein (g)	50.1g	7.4g
Fat, total (g)	20.1g	3.0g
- saturated (g)	11.7g	1.7g
Carbohydrate (g)	44.1g	6.5g
- sugars (g)	12.2g	1.8g
Sodium (g)	180mg	26mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
[Hello@HelloFresh.co.nz](mailto:Hello@HelloFresh.co.nz)

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