



# Quick Spiced Pork & Romesco Sauce

with Spinach Rice & Garlicky Green Beans

Grab your Meal Kit with this symbol



Basmati Rice



Chicken-Style Stock Powder



Baby Spinach Leaves



Garlic



Green Beans



Lemon



Pork Loin Steaks



Nan's Special Seasoning



Romesco Sauce

Hands-on: **20-30 mins**  
Ready in: **25-35 mins**

Calorie Smart

This meal is all about the little differences – the homely seasoning spicing up the pork, the easily-cooked bed of fluffy rice and the smokey, Spanish-inspired romesco sauce that's bound to be your new favourite accompaniment.

### Pantry items

Olive Oil

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
basmati rice	1 packet	1 packet
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic	2 cloves	4 cloves
green beans	1 bag (200g)	1 bag (400g)
lemon	½	1
pork loin steaks	1 packet	1 packet
Nan's special seasoning	1 sachet	1 sachet
romesco sauce	1 packet (70g)	1 packet (140g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2098kJ (501Cal)	508kJ (121Cal)
Protein (g)	44.6g	10.8g
Fat, total (g)	5.4g	1.3g
- saturated (g)	1.1g	0.3g
Carbohydrate (g)	72g	17.4g
- sugars (g)	7.2g	1.7g
Sodium (mg)	1136mg	275mg

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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## Get prepped

- Boil the kettle.
- Half-fill a medium saucepan with boiling water. Add **basmati rice** and cook, uncovered, over a high heat until tender, **12 minutes**.
- Drain and return **rice** to saucepan. Add **chicken-style stock powder** and **baby spinach leaves** and stir to combine.
- Meanwhile, finely chop **garlic**. Trim **green beans**. Slice **lemon** into wedges.

3



## Cook the green beans

- While pork is resting, wipe out frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook **green beans** until tender, **4-5 minutes**.
- Add **garlic** and a squeeze of **lemon juice** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**.

2



## Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **pork loin steaks** and **Nan's special seasoning** until cooked through, **3-4 minutes** each side.
- 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!

4



## Serve up

- Slice pork.
- Divide spinach rice between bowls. Top with pork and garlicky green beans.
- **SPICY!** The sauce is slightly spicy, use less if you're sensitive to heat. Spoon **romesco sauce** over pork and serve with any remaining lemon wedges.

## Enjoy!