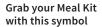
# Quick Honey BBQ Pork Steaks with Creamy Mash & Veggies

















Sweetcorn



Aussie Spice Blend

**BBQ Sauce** 





Baby Spinach



Pork Loin Steaks

**Pantry items** 

Olive Oil, Butter, Milk, Honey

Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart

Sweet and tender pork is always a hit at dinnertime. The pork is coated in honey and BBQ sauce with silky mashed potatoes and colourful cooked veggies. The best part is that it's super easy to whip up in around 30 minutes and with only four steps it's going to become a meal time favourite.

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

#### 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
butter*	40g	80g
milk*	2 tbs	1/4 cup
carrot	1	2
sweetcorn	1 tin	1 tin
Aussie spice blend	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
BBQ sauce	1 packet (40g)	1 packet (80g)
honey*	1 tsp	2 tsp

#### \*Pantry Items **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2454kJ (587Cal)	427kJ (102Cal)
Protein (g)	43.9g	7.6g
Fat, total (g)	21.2g	3.7g
- saturated (g)	12.4g	2.2g
Carbohydrate (g)	54.4g	9.5g
- sugars (g)	26g	4.5g
Sodium (mg)	1098mg	191mg

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 mash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and cut into large chunks.
- Cook potato in boiling water until easily pierced with a fork, 12-15 minutes.
- Drain and return to the pan. Add the **butter** and **milk** to **potato**, then season generously with salt. Mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

TIP: Save time and get more fibre by leaving the potato unpeeled!



# Cook the pork & veggies

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook carrot and sweetcorn until tender, 4-5 minutes.
- Add baby spinach leaves and cook until wilted, 1 minute. Transfer to a medium bowl and cover to keep warm.
- · Wipe out the frying pan and return to medium-high heat with a drizzle of olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side (depending on thickness).
- Remove pan from heat, then add **BBQ sauce** and the **honey**. Turn **pork** to coat.



## Get prepped

- Meanwhile, thinly slice **carrot** into half-moons. Drain the **sweetcorn**.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and toss to coat.

**Little cooks:** Kids can take charge by combining the spice blend with the oil.



## Serve up

- Divide potato mash, veggies and honey BBQ pork steaks between plates.
- Spoon over any remaining sauce from the pan to serve. Enjoy!

