

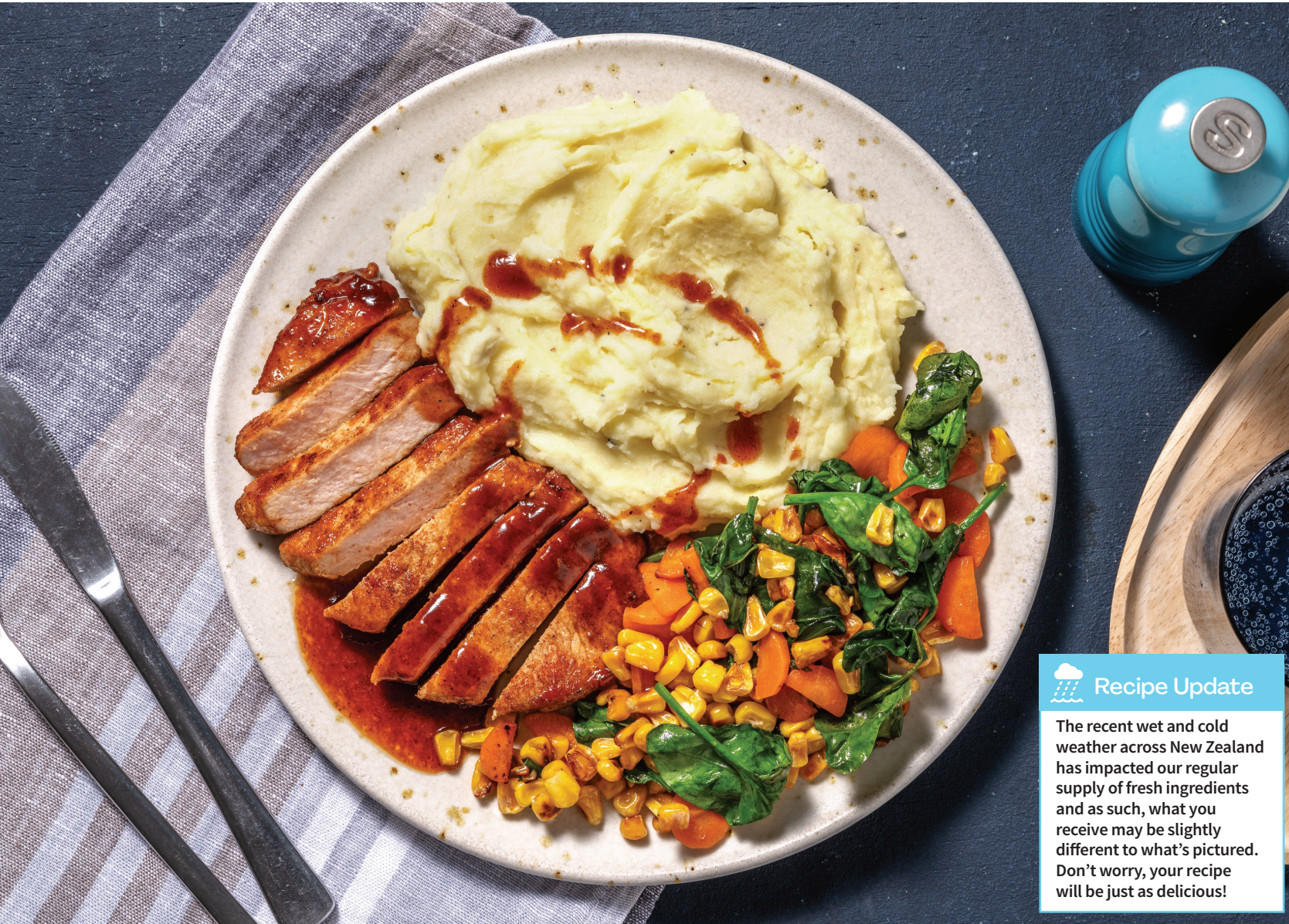


Quick Honey BBQ Pork Steaks

with Creamy Mash & Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Carrot



Sweetcorn



Aussie Spice Blend



Baby Spinach Leaves



BBQ Sauce



Pork Loin Steaks

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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



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.

Pantry items

Olive Oil, Butter, Milk, Honey

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
potato	3	6
butter*	40g	80g
milk*	2 tbs	¼ 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)	2461kJ (588Cal)	411kJ (98Cal)
Protein (g)	44.7g	7.5g
Fat, total (g)	21.3g	3.6g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	51.7g	8.6g
- sugars (g)	16.8g	2.8g
Sodium (mg)	1097mg	183mg

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 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 the **potato**, then season 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!

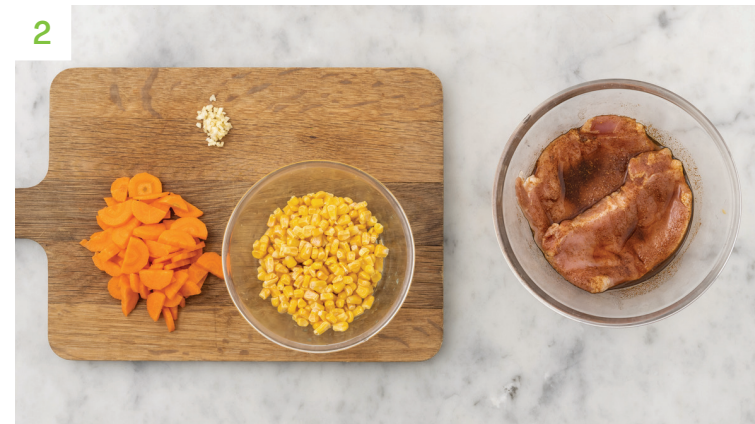
3



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 second 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.

2



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 turn to coat.

Little cooks: Kids can take charge by combining the sauces!

4



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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