



Pork & Creamy Garlic-Chive Sauce

with Parmesan Fries

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Silverbeet



Carrot



Garlic



Chives



Pork Loin Steaks



Longlife Cream



Chicken-Style Stock Powder

Keep an eye out...
Due to recent sourcing challenges, we've replaced broccoli with silverbeet, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 30-40 mins
Ready in: 35-45 mins

We're not going to lie - this creamy sauce is so good you'll want to slather it over everything! Here, we've teamed it with tender pork loin steaks, pan-fried veggies and moreish Parmesan fries.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|----------------------------|------------------|------------------|
| olive oil* | refer to method | refer to method |
| potato | 3 | 6 |
| grated Parmesan cheese | 1 packet (30g) | 1 packet (60g) |
| silverbeet | 1 bag | 1 bag |
| carrot | 1 | 2 |
| garlic | 2 cloves | 4 cloves |
| chives | ½ bag | 1 bag |
| pork loin steaks | 1 packet | 1 packet |
| butter* | 15g | 30g |
| longlife cream | ½ bottle (125ml) | 1 bottle (250ml) |
| chicken-style stock powder | ½ sachet (2.5g) | 1 sachet (5g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3208kJ (767Cal) | 454kJ (109Cal) |
| Protein (g) | 54.4g | 7.7g |
| Fat, total (g) | 41.2g | 5.8g |
| - saturated (g) | 23.2g | 3.3g |
| Carbohydrate (g) | 40.5g | 5.7g |
| - sugars (g) | 8.2g | 1.2g |
| Sodium (mg) | 555mg | 79mg |

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **grated Parmesan cheese** over the fries and bake until melted.



Get prepped

While the fries are baking, roughly chop the **silverbeet**. Thinly slice the **carrot** into half-moons. Finely chop the **garlic** and **chives** (see ingredients).



Cook the pork

Season the **pork loin steaks** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest.

TIP: Pork can be served slightly blushing pink in the centre.



Cook the veggies

Wipe out the frying pan and return to a medium high heat with a drizzle of **olive oil**. Cook the **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**. Add the **silverbeet** and cook, stirring, until wilted, **1-2 minutes**. Transfer to a bowl.



Cook the sauce

Return the frying pan to a medium heat with the **butter**. Cook the **garlic** until fragrant, **30 seconds**. Add the **longlife cream** (see ingredients), **chives** and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people). Season and cook until thickened, **2-3 minutes**. Stir through any **pork** resting juices.



Serve up

Slice the pork. Divide the Parmesan fries, veggies and pork between plates. Pour the creamy garlic-chive sauce over the pork.

Enjoy!