



# Seared Pork Steak & Sage Butter

with Potato Chunks & Sautéed Veggies

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Flaked Almonds



Carrot



Baby Broccoli



Sage



Garlic



Seasoning Blend



Baby Spinach Leaves



Pork Loin Steaks



Chicken Breast

Prep in: 25-35 mins  
Ready in: 30-40 mins



Calorie Smart



Eat Me Early\*

\*Custom Recipe only

The secret is in the sauce but don't worry because we're sharing our saucy secrets right here. It's a buttery sage delight tonight, perfect for coating over pan-seared pork, sliced and ready for eating as soon as it hits your table.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
flaked almonds	1 packet	2 packets
carrot	1	2
baby broccoli	1 bag	1 bag
sage	1 bag	1 bag
garlic	2 cloves	4 cloves
seasoning blend	½ sachet	1 sachet
pork loin steaks	1 packet	1 packet
baby spinach leaves	1 small bag	1 medium bag
<b>butter*</b>	40g	80g
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2265kJ (541Cal)	417kJ (100Cal)
Protein (g)	43.9g	8.1g
Fat, total (g)	22.1g	4.1g
- saturated (g)	12g	2.2g
Carbohydrate (g)	40.3g	7.4g
- sugars (g)	15.4g	2.8g
Sodium (mg)	795mg	146mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2326kJ (556Cal)	420kJ (100Cal)
Protein (g)	40.9g	7.4g
Fat, total (g)	25.2g	4.6g
- saturated (g)	12.8g	2.3g
Carbohydrate (g)	40.3g	7.3g
- sugars (g)	15.4g	2.8g
Sodium (mg)	820mg	148mg

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.

## We're here to help!

Scan here if you have any questions or concerns

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## Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

**Little cooks:** Help toss the potato chunks.



## Cook the pork

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- 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!

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Heat the frying pan as above. Cook chicken until cooked through, 3-5 minutes each side. Transfer to a plate.



## Get prepped

- Meanwhile, heat a large frying pan over medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**. Transfer to a bowl.
- Thinly slice **carrot** into sticks. Halve **baby broccoli** lengthways. Pick and thinly slice **sage**. Finely chop **garlic**.
- In a medium bowl, combine **seasoning blend** (see ingredients), **pork loin steaks** and a drizzle of **olive oil**.

**Little cooks:** Help pick the sage from the stems!



## Make the sauce

- Return the frying pan to medium heat with the **butter** and cook until beginning to brown, **1-2 minutes**.
- Add **garlic** and **sage** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add any **pork resting juices**.



## Sauté the veggies

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **baby broccoli** until tender, **4-5 minutes**.
- Add **baby spinach leaves** and stir until wilted. Season, then transfer to a bowl. Cover to keep warm.



## Serve up

- Slice seared pork steak.
- Divide pork, potato chunks and sautéed veggies between plates.
- Spoon sage butter over pork and veggies.
- Garnish with toasted almonds to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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