



Sticky Pork Steaks, Quick-Prep Veg & Kale with Creamy Mash

KID FRIENDLY

Grab your Meal Kit
with this symbol



Potato



Garlic



Kale



Aussie Spice
Blend



Pork Loin
Steaks



Broccoli & Carrot
Mix



BBQ Sauce



Pork Loin
Steaks

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



Carb Smart*

*Custom Recipe is not Carb Smart

You can't really go wrong with this recipe as it checks every box - a tasty protein (an Aussie-spiced pork number that is such a staple), a perfect serving of carbs (creamy potato mash that never misses) and a bright side of veg to balance it all out!

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

Pantry items

Olive Oil, Butter, Milk, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
garlic	2 cloves	4 cloves
kale	1 medium bag	1 large bag
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
broccoli & carrot mix	1 medium bag	1 large bag
BBQ sauce	1 packet	2 packets
honey*	1 tsp	2 tsp
pork loin steaks**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2416kJ (577Cal)	455kJ (109Cal)
Protein (g)	36.2g	6.8g
Fat, total (g)	30.3g	5.7g
- saturated (g)	16.1g	3g
Carbohydrate (g)	39g	7.4g
- sugars (g)	17.8g	3.4g
Sodium (mg)	1310mg	247mg
Dietary Fibre (g)	7.6g	1.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3385kJ (809Cal)	497kJ (119Cal)
Protein (g)	63.7g	9.4g
Fat, total (g)	43.5g	6.4g
- saturated (g)	21.3g	3.1g
Carbohydrate (g)	39.9g	5.9g
- sugars (g)	18.2g	2.7g
Sodium (mg)	1756mg	258mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/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



1



Cook the mash

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

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

3



Cook the veggies & pork

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat. Cook **broccoli & carrot mix**, tossing, until tender, **4-5 minutes**. Stir in **garlic** and cook until fragrant, **1-2 minutes**. Transfer **veggies** to a medium bowl. 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, add **BBQ sauce** and the **honey**. Turn **pork** to coat.

Custom Recipe: Cook pork loin steaks in batches for the best results, returning all pork to the pan before adding the BBQ sauce and the honey.

2



Get prepped

- While potato is cooking, finely chop **garlic**. Thinly slice **kale**, discarding any larger pieces of stalk.
- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks** and toss to coat.

Custom Recipe: If you've doubled your pork loin steaks, combine with spice blend as above.

4



Serve up

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

Rate your recipe

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