



Homestyle Pork Loin Steaks & Fries

with Bocconcini Salad & Peppercorn Mayo

HALL OF FAME

KID FRIENDLY

BESTSELLER

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Mayonnaise



Aussie Spice Blend



Pork Loin Steaks



Cucumber



Tomato



Pearl Bocconcini



Mixed Salad Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

Our crowd-pleasing Aussie spice blend is all you need to perk up juicy pork steaks. Sear them in the pan while the fries bake, and complete the dish with a quick peppercorn mayo and simple salad, spruced up with delicate bocconcini bites.

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

Pantry items

Olive Oil, Balsamic Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
black peppercorns	1 medium sachet	1 large sachet
mayonnaise	1 packet (40g)	1 packet (80g)
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
cucumber	1	2
tomato	1	2
pearl bocconcini	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
chicken breast**	1 small packet	2 small packets OR 1 large packet

* Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2560kJ (611Cal)	455kJ (108Cal)
Protein (g)	42.4g	7.5g
Fat, total (g)	34.8g	6.2g
- saturated (g)	10.5g	1.9g
Carbohydrate (g)	30.4g	5.4g
- sugars (g)	8.8g	1.6g
Sodium (mg)	1172mg	208mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3252kJ (777Cal)	450kJ (107Cal)
Protein (g)	76g	10.5g
Fat, total (g)	39.3g	5.4g
- saturated (g)	12g	1.7g
Carbohydrate (g)	27.9g	3.9g
- sugars (g)	7.9g	1.1g
Sodium (mg)	840mg	116mg

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



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the pork

- When the fries have **10 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- 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, then set aside to rest for **5 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

Custom Recipe: Heat pan as above. Cook chicken steaks, until browned and cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Prep the peppercorn mayo

- Meanwhile, lightly crush **black peppercorns** in a pestle and mortar or in their packet using a rolling pin.
- In small bowl, combine crushed **peppercorns** and **mayonnaise**.



Make the salad

- While the pork is cooking, thinly slice **cucumber** into half-moons.
- Roughly chop **tomato**.
- Halve **pearl bocconcini**.
- In large bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**. Add **pearl bocconcini**, **mixed salad leaves**, **cucumber** and **tomato**. Toss to combine, then season to taste.



Prep the pork

- In a medium bowl, combine **Aussie spice blend** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Combine chicken with Aussie spice blend as above, turning to coat.



Serve up

- Slice pork.
- Divide pork, fries and bocconcini salad between plates.
- Serve with peppercorn mayo. Enjoy!

Rate your recipe

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