



Seared Pork Steak & Butter Sage Sauce

with Sweet Potato Chunks & Sautéed Veggies

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Leek



Green Beans



Sage



Lemon



Garlic



Nan's Special Seasoning



Pork Loin Steaks



Baby Spinach Leaves



Flaked Almonds



Chicken Breast

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

Carb Smart

Eat Me Early*
*Custom Recipe only

If the buttery sage sauce alone doesn't make you want to immediately whip this number up, then the seared pork steak and sweet potato chunks are sure to win you over. It's just that good.

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

Pantry items

Olive Oil, Butter

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
sweet potato	2	4
leek	1	2
green beans	1 small bag	1 medium bag
sage	1 bag	1 bag
lemon	½	1
garlic	2 cloves	4 cloves
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	2 small packets OR 1 large packet
baby spinach leaves	1 small bag	1 medium bag
butter*	40g	80g
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2591kJ (619Cal)	432kJ (103Cal)
Protein (g)	36.9g	6.2g
Fat, total (g)	34.1g	5.7g
- saturated (g)	16.7g	2.8g
Carbohydrate (g)	39.5g	6.6g
- sugars (g)	18.2g	3g
Sodium (mg)	1052mg	175mg
Dietary Fibre (g)	15g	2.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2375kJ (568Cal)	386kJ (92Cal)
Protein (g)	43.4g	7.1g
Fat, total (g)	25.6g	4.2g
- saturated (g)	13g	2.1g
Carbohydrate (g)	38.6g	6.3g
- sugars (g)	17.8g	2.9g
Sodium (mg)	691mg	112mg
Dietary Fibre	15.2g	2.5g

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



Roast the sweet potato

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

4



Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, add **pork loin steaks** and cook 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: Heat pan as above. Cook chicken steaks until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.

2



Get prepped

- Meanwhile, thinly slice **leek**. Trim and halve **green beans**. Pick and thinly slice **sage**. Zest **lemon** to get a pinch and slice into wedges. Finely chop **garlic**.
- In a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, then turn to coat.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Season chicken breast as above.

5



Make the sauce

- Return 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 and add a squeeze of **lemon juice**, the **zest** and any resting juices from the **pork**.

3



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Add **leek** and **green beans** and cook, tossing, until tender, **4-5 minutes**.
- Add **baby spinach leaves** and stir until wilted. Season, then transfer to a bowl. Cover to keep warm.

6



Serve up

- Slice pork.
- Divide seared pork steak, sweet potato chunks and sautéed veggies between plates.
- Pour butter sage sauce over pork and veggies.
- Garnish with **flaked almonds**. Serve with remaining lemon wedges. Enjoy!

Rate your recipe

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