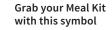


Herby Tomato Pork & Veggie Stew with Mash, Capers & Flaked Almonds

MEDITERRANEAN













Tomato & Herb

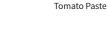


Soffritto Mix

Seasoning









Sweet & Savoury



Baby Spinach

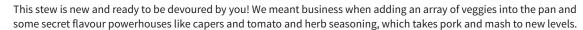
Leaves

Flaked Almonds





Calorie Smart





Pantry items Olive Oil, Butter, Milk

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

Large saucepan with a lid \cdot Large frying pan

Ingredients

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	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
butter*	20g	40g		
milk*	2 tbs	½ cup		
pork strips	1 small packet	2 small packets OR 1 large packet		
tomato & herb seasoning	1 sachet	2 sachets		
soffritto mix	1 medium bag	1 large bag		
capers	1 packet	2 packets		
tomato paste	1 medium packet	1 large packet		
sweet & savoury glaze	1 medium packet	1 large packet		
water*	½ cup	1 cup		
baby spinach leaves	1 small bag	1 medium bag		
flaked almonds	1 medium packet	1 large packet		
beef strips**	1 small packet	2 small packets OR 1 large packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1976kJ (472Cal)	380kJ (91Cal)
Protein (g)	34.8g	6.7g
Fat, total (g)	16.6g	3.2g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	41.5g	8g
- sugars (g)	18.3g	3.5g
Sodium (mg)	1941mg	373mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2122kJ (507Cal)	408kJ (98Cal)
Protein (g)	39.9g	7.7g
Fat, total (g)	18.5g	3.6g
- saturated (g)	8.6g	1.7g
Carbohydrate (g)	40.5g	7.8g
- sugars (g)	18.2g	3.5g
Sodium (mg)	1593mg	306mg

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.



Make the mash

- Boil the kettle. Half-fill a large saucepan with the boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook potato in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes.
 Drain and return to the pan.
- Add the butter and milk to potato and season generously with salt. Mash until smooth. Cover to keep warm.

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



Cook the pork

- Meanwhile, in a medium bowl, combine pork strips, tomato & herb seasoning and a drizzle of olive oil.
- In a large frying pan, heat a drizzle of olive oil over high heat.
- Cook pork strips, tossing, in batches, until golden and cooked through, 2-3 minutes.
 Transfer to a bowl.

Custom Recipe: If you've swapped to beef strips, season beef in the same way as above. Cook beef, as above, tossing, in batches, until browned and cooked through, 1-2 minutes.



Start the stew

- Wipe out frying pan and return to medium-high heat.
- Cook soffritto mix, stirring occasionally, until softened, 4-5 minutes.
- Add capers and tomato paste and cook, stirring, until softened and fragrant, 1 minute.



Make it saucy

 Stir in sweet & savoury glaze and the water, and simmer until slightly reduced, 1-2 minutes.



Finish the stew

- Return cooked pork and add baby spinach leaves to the pan, stir to combine, 1 minute.
- · Season to taste.

Custom Recipe: Return cooked beef strips to the pan as above.



Serve up

- Divide mash between bowls.
- Top with herby tomato pork and capers.
- Sprinkle over **flaked almonds** to serve. Enjoy!

Custom Recipe: Top mash with herby tomato beef and capers.



Scan here if you have any questions or concerns



