



Herby Tomato Pork & Veggie Stew

with Mash, Capers & Flaked Almonds

MEDITERRANEAN

Grab your Meal Kit with this symbol



Potato



Pork Strips



Tomato & Herb Seasoning



Soffritto Mix



Capers



Tomato Paste



Sweet & Savoury Glaze



Baby Spinach Leaves



Flaked Almonds



Beef Strips

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



This stew is new and ready to be devoured by you! We meant business when adding an array of veggies into the pan and some secret flavour powerhouses like capers and tomato and herb seasoning, which takes pork and mash to new levels.

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

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



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.



Make it saucy

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



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.



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.



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**.



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.

Rate your recipe

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