



# Sticky Honey BBQ Pork Steaks

with Creamy Mash & Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Aussie Spice Blend



Pork Loin Steaks



Broccoli & Carrot Mix



Baby Spinach Leaves

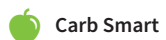


BBQ Sauce



Chicken Breast

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



Eat Me Early\*



\*Custom Recipe only

This dish might be simple to make, but it's full of flavour and definitely no ho-hum weeknight dinner. The secret is to flavour the juicy pork steaks with our Aussie spice blend, before popping them in the pan and adding BBQ sauce and a bit of honey once they're done. The result is the perfect balance of savoury and sweet flavours.

**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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
garlic	2 cloves	4 cloves
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
baby spinach leaves	1 small bag	1 medium bag
BBQ sauce	1 packet	2 packets
<b>honey*</b>	1 tsp	2 tsp
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)	2407kJ (575Cal)	476kJ (114Cal)
Protein (g)	35.5g	7g
Fat, total (g)	30.3g	6g
- saturated (g)	16.2g	3.2g
Carbohydrate (g)	38.6g	7.6g
- sugars (g)	17.6g	3.5g
Sodium (mg)	1277mg	253mg
Dietary Fibre (g)	6.5g	1.3g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2152kJ (514Cal)	413kJ (99Cal)
Protein (g)	44.7g	8.6g
Fat, total (g)	19.6g	3.8g
- saturated (g)	11.8g	2.3g
Carbohydrate (g)	37.8g	7.3g
- sugars (g)	17.1g	3.3g
Sodium (mg)	902mg	173mg
Dietary Fibre (g)	6.7g	1.3g

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](https://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 **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 and carrot mix**, tossing, until tender, **4-5 minutes**. Stir in **garlic** until fragrant, **1-2 minutes**.
- Add **baby spinach leaves** and cook until wilted, **1 minute**. Transfer **veggies** to a second medium bowl. Cover to keep warm.
- Wipe out 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:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side. Remove pan from heat, add BBQ sauce and honey. Turn to coat.

2



## Get prepped

- While the potato is cooking, finely chop **garlic**.
- 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 swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with spice blend as above.

4



## Serve up

- Divide sticky honey BBQ 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

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)