



# Homestyle Pork Steaks & Fetta Salad

with Sweet Potato Fries & Pepper Mayo

HALL OF FAME

KID FRIENDLY

Grab your Meal Kit with this symbol



Sweet Potato



Mayonnaise



Aussie Spice Blend



Pork Loin Steaks



Cucumber



Tomato



Fetta Cubes



Mixed Salad Leaves



Chicken Breast

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



Calorie Reduced<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Calorie Reduced



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 delicious fetta bites.

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

### Pantry items

Olive Oil, Cracked Black Pepper, 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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
<b>cracked black pepper*</b>	1 tsp	2 tsp
mayonnaise	1 medium packet	1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
cucumber	1	2
tomato	1	2
<b>balsamic vinegar*</b>	drizzle	drizzle
fetta cubes	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
chicken breast**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2208kJ (528Cal)	406kJ (97Cal)
Protein (g)	35.7g	6.6g
Fat, total (g)	26.7g	4.9g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	36g	6.6g
- sugars (g)	16.4g	3g
Sodium (mg)	1238mg	227mg
Dietary Fibre (g)	6g	1.1g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2864kJ (685Cal)	407kJ (97Cal)
Protein (g)	71.9g	10.2g
Fat, total (g)	29g	4.1g
- saturated (g)	8.5g	1.2g
Carbohydrate (g)	33.7g	4.8g
- sugars (g)	15.6g	2.2g
Sodium (mg)	893mg	127mg
Dietary Fibre	5.7g	0.8g

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



## Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet 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:** When fries have 10 minutes remaining, 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).



## Prep the mayo

- While the fries are baking, in a small bowl, combine the **cracked black pepper** and **mayonnaise**.



## Make the salad

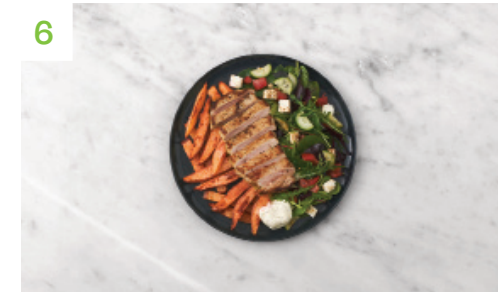
- While the pork is cooking, thinly slice **cucumber** into half-moons.
- Roughly chop **tomato**.
- In large bowl, combine a drizzle of **balsamic vinegar** and **olive oil**. Add **fetta cubes**, **mixed salad leaves**, **cucumber** and **tomato**. Toss to combine, then season to taste.



## 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 each chicken breast and slice through horizontally to make two thin steaks. Combine chicken with Aussie spice blend as above, turn to coat.



## Serve up

- Slice Aussie-spiced pork.
- Divide pork, sweet potato fries and fetta salad between plates.
- Serve with pepper mayo. Enjoy!

**Custom Recipe:** Slice Aussie-spiced chicken. Divide chicken, sweet potato fries and fetta salad between plates as above.

## Rate your recipe

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