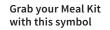
Sticky Honey BBQ Pork Steaks with Creamy Mash & Pre-Prepped Veggies

KID FRIENDLY











Aussie Spice

Pork Loin Steaks



Broccoli & Carrot

Baby Spinach



BBQ Sauce





Pantry items

Olive Oil, Butter, Milk, Honey

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

Carb Smart* *Custom recipe is not Carb Smart 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.

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

3			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	1/4 cup	
garlic	2 cloves	4 cloves	
Aussie spice blend	1 medium sachet	1 large sachet	
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet	
broccoli & carrot mix	1 medium packet	1 large packet	
baby spinach leaves	1 small packet	1 medium packet	
BBQ sauce	1 medium packet	2 medium packets	
honey*	1 tsp	2 tsp	
pork loin steaks**	1 medium packet	2 medium packets OR 1 large packet	

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2592kJ (620Cal)	508kJ (121Cal)
Protein (g)	35.5g	7g
Fat, total (g)	35.3g	6.9g
- saturated (g)	16.9g	3.3g
Carbohydrate (g)	38.6g	7.6g
- sugars (g)	17.6g	3.4g
Sodium (mg)	1277mg	250mg
Dietary Fibre (g)	6.5g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3561kJ (851Cal)	539kJ (129Cal)
Protein (g)	63g	9.5g
Fat, total (g)	48.5g	7.3g
- saturated (g)	22g	3.3g
Carbohydrate (g)	39.6g	6g
- sugars (g)	18g	2.7g
Sodium (mg)	1723mg	261mg
Dietary Fibre	6.5g	1g

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.



Scan here if you have any questions or concerns





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! Little cooks: Get those muscles working and help mash the potatoes!



Cook the veggies & pork

- Heat a large frying pan with a drizzle of olive oil over medium-high heat.
 Cook broccoli & 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.



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.

Little cooks: Help toss the pork steaks in the spice blend.

Custom Recipe: If you've doubled your pork loin steaks, prepare and cook pork in the same way.



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!