



Honey-Spiced Pork Loin Steaks

with Sweet Potato Fries, Slaw & Chipotle Mayo

Grab your Meal Kit with this symbol



Tomato



Sweet Potato Fries



Pork Loin Steaks



Aussie Spice Blend



Baby Spinach Leaves



Shredded Cabbage Mix



Mayonnaise



Mild Chipotle Sauce



Beef Rump

Prep in: **15-25 mins**
Ready in: **30-40 mins**

Calorie Smart

Let tonight's pork do all the talking with its perfect ratio of Aussie spice blend to honey, coating delicious pork to perfection. The best part doesn't end there; we've swapped carby fries for a cult classic, sweet potato fries and with a slaw to round the dish out, this will be one to remember!

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

Pantry items

Olive Oil, Butter, Honey, White Wine 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
olive oil*	refer to method	refer to method
tomato	1	2
sweet potato fries	1 medium packet	1 large packet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
Aussie spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
honey*	½ tbs	1 tbs
baby spinach leaves	1 small packet	1 medium packet
shredded cabbage mix	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
mayonnaise	1 medium packet	1 large packet
mild chipotle sauce	1 medium packet	2 medium packets
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2515kJ (601Cal)	457kJ (109Cal)
Protein (g)	34.6g	6.3g
Fat, total (g)	32.7g	5.9g
- saturated (g)	11.5g	2.1g
Carbohydrate (g)	41.5g	7.5g
- sugars (g)	21.1g	3.8g
Sodium (mg)	1410mg	256mg
Dietary Fibre (g)	9.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (531Cal)	403kJ (96Cal)
Protein (g)	37.7g	6.8g
Fat, total (g)	23.7g	4.3g
- saturated (g)	7.8g	1.4g
Carbohydrate (g)	40.6g	7.4g
- sugars (g)	20.7g	3.8g
Sodium (mg)	1040mg	189mg
Dietary Fibre (g)	9.3g	1.7g

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



1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Roughly chop **tomato**.
- Place **sweet potato 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.

3



Toss the slaw

- While the pork is resting, in a large bowl, add **baby spinach leaves**, **tomato**, **shredded cabbage mix**, a pinch of **salt** and a drizzle of **white wine vinegar** and **olive oil**. Toss to combine.
- In a small bowl, combine **mayonnaise** and **mild chipotle sauce**.

2



Cook the pork

- When sweet potato fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, add **pork loin steaks** and **Aussie spice blend** to the pan, then turn to coat. Cook **pork** until cooked through, **3-4 minutes** each side.
- Remove pan from the heat, then add the **butter** and **honey** and turn **pork** to coat. Transfer **pork** to a plate, cover and rest for **5 minutes**.

Custom Recipe: If you've upgraded to beef rump, season beef with salt and pepper (if your rump is more than 4cm thick, cut in half horizontally for a shorter cook time). Heat a large frying pan with a drizzle of oil over high heat. Cook beef and Aussie spice blend as above, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Add the butter and honey and turn to coat. Transfer to a plate to rest for 5 minutes.

4



Serve up

- Slice pork. Divide honey-spiced pork, sweet potato fries and slaw between plates.
- Serve with chipotle mayo and any remaining glaze from the pan. Enjoy!

Custom Recipe: Slice beef. Divide honey-spiced beef, sweet potato fries and slaw between plates as above.

Rate your recipe

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