



Sticky Honey BBQ Pork Steaks

with Creamy Sweet Mash & Pre-Prepped Veggies

KID FRIENDLY



Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Aussie Spice Blend



Pork Loin Steaks



Broccoli & Carrot Mix



Baby Spinach Leaves



BBQ Sauce



Pork Loin Steaks

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.

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
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



1



Cook the sweet potato mash

- Bring a medium saucepan of salted water to the boil. Peel **sweet potato** and cut into large chunks. Cook **sweet potato** in the boiling water until easily pierced with a fork, **12-15 minutes**.
- Drain **sweet potato** and return to the pan. Add the **butter** and **milk**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

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

3



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.

Custom Recipe: Cook pork loin steaks in batches for the best results, returning all pork to the pan before adding the BBQ sauce and the honey.

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.

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

Custom Recipe: If you've doubled your pork loin steaks, combine pork with spice blend as above.

4



Serve up

- Slice pork loin steaks.
- Divide sticky honey BBQ pork steaks, creamy sweet mash and veggies between plates.
- Spoon any remaining sauce from the pan over the pork and mash to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!
Let them know what you thought: hellofresh.com.au/rate