



Seared Pork Steak & Mustard Potatoes

with Tomato Relish & Citrus Green Salad

NEW

Grab your Meal Kit with this symbol



Chopped Potato



Wholegrain Mustard



Pork Loin Steaks



Savoury Seasoning



Orange



Cucumber



Mixed Salad Leaves



Tomato Relish



Pork Loin Steaks

Prep in: 15-25 mins
Ready in: 15-25 mins

Calorie Smart*

*Custom recipe is not Calorie Smart

If the mustardy potatoes alone doesn't make you want to immediately whip this number up, then the seared pork steak and orange citrus salad are sure to win you over. It's just that good.

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

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

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

Large saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
wholegrain mustard	½ medium packet	1 medium packet
salt*	¼ tsp	½ tsp
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
savoury seasoning	1 medium sachet	2 medium sachets
orange	½	1
cucumber	1	2
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
tomato relish	1 medium packet	2 medium packets
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)	2242kJ (536Cal)	353kJ (84Cal)
Protein (g)	36.3g	5.7g
Fat, total (g)	19.5g	3.1g
- saturated (g)	6g	0.9g
Carbohydrate (g)	49g	7.7g
- sugars (g)	21.3g	3.4g
Sodium (mg)	1678mg	264mg
Dietary Fibre (g)	9.6g	1.5g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3211kJ (767Cal)	409kJ (98Cal)
Protein (g)	63.8g	8.1g
Fat, total (g)	32.7g	4.2g
- saturated (g)	11.1g	1.4g
Carbohydrate (g)	49.9g	6.4g
- sugars (g)	21.8g	2.8g
Sodium (mg)	2123mg	270mg
Dietary Fibre (g)	9.6g	1.2g

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



Boil the potatoes

- Boil the kettle. Half-fill a large saucepan with boiling water with a pinch of **salt**.
- Cook **chopped potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to saucepan.
- Stir through **wholegrain mustard** (see ingredients) and the **salt**, until combined.

3



Toss the salad

- While pork is cooking, peel and slice **orange** (see ingredients) into wedges.
- Thinly slice **cucumber** into rounds.
- In a medium bowl, combine **mixed salad leaves**, **orange**, **cucumber** and a drizzle of **olive oil** and **vinegar**. Season.

2



Cook the pork steaks

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and **savoury seasoning** to the pan, turning to coat.
- Cook **pork** until cooked through, **3-4 minutes** each side.
- Transfer to a plate, cover and rest for **5 minutes**.

Custom Recipe: If you've doubled your pork loin steaks, prepare pork as above and cook in batches for best results.

4



Serve up

- Slice pork if preferred.
- Divide seared pork steaks, mustard potatoes and citrus green salad between plates.
- Top pork with **tomato relish** to serve. Enjoy!

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