



Seared Pork Steak & Warm Brussels Sprout Salad with Mash & Apple Sauce

NEW

Grab your meal kit
with this number

40



Potato



Savoury Seasoning



Pork Loin Steaks



Red Radish



Brussels Sprouts



Mixed Salad Leaves



Dijon Mustard



Apple Sauce



Pork Loin Steaks



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

Tender Brussels and crunchy radish combine for one heck of a tasty salad! Beautiful pan-seared pork, creamy mash and a tangy apple sauce complete the flavour sensation of this delectable dish.

Pantry items

Olive Oil, Butter, Milk, Honey, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
savoury seasoning	1 sachet	2 sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
red radish	1	2
Brussels sprouts	1 medium packet	2 medium packets
mixed salad leaves	1 small packet	1 medium packet
Dijon mustard	1 packet	2 packets
honey*	1 tsp	2 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
apple sauce	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2568kJ (614Cal)	475kJ (114Cal)
Protein (g)	37g	6.8g
Fat, total (g)	35.4g	6.5g
- saturated (g)	16.9g	3.1g
Carbohydrate (g)	35.7g	6.6g
- sugars (g)	14.8g	2.7g
Sodium (mg)	1125mg	208mg
Dietary Fibre (g)	8.4g	1.6g

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.

1



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.

3



Prep the veggies & toss the salad

- While pork is cooking, thinly slice **red radish** and **Brussels sprouts**.
- Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **Brussels sprouts** with a splash of **water**, tossing, until tender, **4-5 minutes**. Transfer to a second medium bowl. Allow to cool slightly.
- To bowl with **Brussels sprouts**, add **radish**, **mixed salad leaves**, **Dijon mustard**, the **honey**, a drizzle of **vinegar** and **olive oil**. Toss to combine. Season to taste.

2



Cook the pork

- Meanwhile, in a medium bowl, combine **savoury seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** 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 and rest for **5 minutes**.

4



Serve up

- Slice pork.
- Divide mash, savoury pork steak and warm brussels sprout salad between plates.
- Top pork with **apple sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2024 | CW25

**CUSTOM
OPTIONS**

+ **DOUBLE PORK LOIN STEAKS**
Follow method above.

+ **ADD PARMESAN CHEESE**
Sprinkle over before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

