

NEW

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

Grab your meal kit with this number



Savoury Seasoning

Red Radish



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.

Mixed Salad Leaves

Apple Sauce





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

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	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.

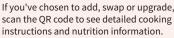
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help! Scan here if you have any questions or concerns 2024 CW25





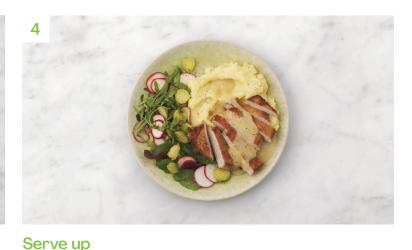
ADD PARMESAN CHEESE Sprinkle over before serving.







- 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**.



Cook the pork

• Slice pork.

between plates.

Top pork with apple sauce. Enjoy!

• Boil the kettle. Half-fill a large saucepan with boiling water, then add a

• Cook **potato** in the boiling water over high heat until easily pierced with a

• Add the butter and milk to potato and season with salt. Mash until smooth.

Prep the veggies & toss the salad

Make the mash

generous pinch of salt.

Cover to keep warm.

Peel potato and cut into large chunks.

fork, **12-15 minutes**. Drain and return to the pan.

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

- 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.

• Divide mash, savoury pork steak and warm brussels sprout salad