

# Smokey Pork Steaks & Herby Rice

with Apple Salad, Fetta & Hummus

NEW

Grab your meal kit with this number

42



Soffritto Mix



Tomato & Herb Seasoning



Basmati Rice



Nan's Special Seasoning



Pork Loin Steaks



Apple



Mixed Salad Leaves



Fetta Cubes



Hummus



Beef Rump



Pork Loin Steaks

Prep in: 25-35 mins  
Ready in: 30-40 mins

Eat Me First

Get some pork on your fork with this easy number! While your Mediterranean-spiced veggies crisp up to perfection on the stove, you'll be searing Nan's spiced pork in the pan and perfecting the apple salad which will take your dish to the next level!

### Pantry items

Olive Oil, 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

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
soffritto mix	1 medium packet	1 large packet
tomato & herb seasoning	1 sachet	2 sachets
basmati rice	1 medium packet	1 large packet
<b>boiling water*</b>	1½ cups	3 cups
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
<b>honey*</b>	1 tbs	2 tbs
apple	1	2
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
fetta cubes	1 medium packet	1 large packet
hummus	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2994kJ (716Cal)	707kJ (169Cal)
Protein (g)	38.7g	9.1g
Fat, total (g)	22.9g	5.4g
- saturated (g)	7.6g	1.8g
Carbohydrate (g)	82.7g	19.5g
- sugars (g)	17.9g	4.2g
Sodium (mg)	2063mg	487mg
Dietary Fibre (g)	14g	3.3g

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

1



## Start the herby rice

- Boil the kettle.
- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring, until tender, **4-5 minutes**.
- Add **tomato & herb seasoning** and cook until fragrant, **1 minute**.

4



## Cook the pork

- When rice has **15 minutes** remaining, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Remove from heat and add the **honey**, turning to coat. Transfer to a plate, cover and rest for **5 minutes**.

2



## Finish the herby rice

- To saucepan, stir in **basmati rice** and the **boiling water** (1½ cups for 2 people / 3 cups for 4 people). Reduce heat to low and cover with a lid.
- Cook for **10 minutes**, then remove from heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

5



## Toss the salad

- While pork is resting, thinly slice **apple** into wedges.
- In a second medium bowl, combine a drizzle of **vinegar** and **olive oil**. Season.
- Add **apple** and **mixed salad leaves**. Toss to coat.

3



## Prep the pork

- Meanwhile, in a medium bowl, combine **Nan's special seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.

6



## Serve up

- Slice pork steaks.
- Divide herby rice and apple salad between plates.
- Top rice with smokey pork and any resting juices.
- Crumble over **fetta cubes**.
- Serve with **hummus**. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### SWAP TO BEEF RUMP

Cook, turning, for 4-6 minutes for medium.



#### DOUBLE PORK LOIN STEAKS

Follow method above, cooking in batches if necessary.

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

