

KID FRIENDLY



Grab your meal kit with this number











Baby Capsicum

Brown Onion



Pork Loin Steaks



Garlic & Herb Seasoning

Dijon Mustard



Light Cooking

Cream



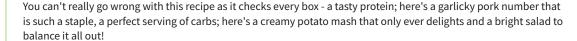
Mixed Salad Leaves





Carb Smart





Olive Oil, Butter, Milk, 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 · Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| apple | 1 | 2 |
| baby capsicum | 2 | 4 |
| brown onion | 1/2 | 1 |
| garlic | 1 clove | 2 cloves |
| butter* | 30g | 60g |
| milk* | 2 tbs | ½ cup |
| pork loin steaks | 1 medium packet | 2 medium packets OR 1 large packet |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| salt* | 1/4 tsp | ½ tsp |
| Dijon mustard | ½ packet | 1 packet |
| light cooking cream | 1 medium packet | 1 large packet |
| mixed salad leaves | 1 small packet | 1 medium packet |
| vinegar* (white wine or balsamic) | drizzle | drizzle |

^{*}Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2279kJ (545cal) | 223kJ (53cal) |
| Protein (g) | 35.8g | 3.5g |
| Fat, total (g) | 26.8g | 2.6g |
| - saturated (g) | 13.2g | 1.3g |
| Carbohydrate (g) | 38.6g | 3.8g |
| - sugars (g) | 16.3g | 1.6g |
| Sodium (mg) | 1484mg | 145.1mg |
| Dietary Fibre (g) | 7.3g | 0.7g |

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.



Make mash

- · Boil the kettle.
- Peel potato and cut into large chunks. Thinly slice apple, baby capsicum and brown onion (see ingredients). Roughly chop garlic.
- Half-fill a medium saucepan with boiling water, then add a generous pinch
 of salt. Add potato and cook, over high heat, until easily pierced with a fork,
 12-15 minutes.
- Drain and return to saucepan. Add half the butter and milk, then season with salt. Mash until smooth, then cover to keep warm.



Make sauce

- Wipe out and return frying pan to medium-high heat with the remaining butter and a drizzle of olive oil. Cook onion, stirring, until softened,
 5-6 minutes
- In the last minute, add garlic and cook until fragrant. Add the salt,
 Dijon mustard (see ingredients) and light cooking cream. Cook, stirring, until slightly thickened, 1-2 minutes.

TIP: Add a splash of water if the sauce looks too thick.



Cook pork

- Meanwhile, combine pork loin steaks, garlic & herb seasoning, a drizzle of olive oil and a pinch of salt and pepper in a medium bowl.
- In a large frying pan, heat a drizzle of olive oil over medium-high heat. When
 oil is hot, add pork loin steaks and cook 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.



Serve up

- In a second medium bowl, combine mixed salad leaves, apple, baby capsicum, a drizzle of vinegar and olive oil. Season to taste.
- Slice pork.
- Divide herby pork steak, mash and apple garden salad between plates. Top steak and mash with creamy onion sauce. Enjoy!

Little cooks: Take the lead by tossing the salad!





SWAP TO CHICKEN BREAST

