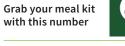


HELLOHERO

KID FRIENDLY













Aussie Spice

Pork Loin Steaks





Baby Spinach Leaves



BBQ Sauce



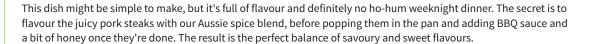




Eat Me First







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
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
garlic	2 cloves	4 cloves
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
broccoli & carrot mix	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
BBQ sauce	1 packet	2 packets
honey*	1 tsp	2 tsp
* D		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2600kJ (621Cal)	509kJ (121Cal)
Protein (g)	35.3g	6.9g
Fat, total (g)	35.5g	7g
- saturated (g)	16.9g	3.3g
Carbohydrate (g)	39.4g	7.7g
- sugars (g)	17.5g	3.4g
Sodium (mg)	1229mg	241mg
Dietary Fibre (g)	6.2g	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.



Cook the mash

- Bring a medium saucepan of salted water to the boil.
- Peel potato and cut into large chunks. Cook potato in the boiling water until
 easily pierced with a fork, 12-15 minutes.
- Drain **potato**, then return to the pan. Add the **butter** and **milk**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!
Little cooks: Get those muscles working and help mash the potatoes!



Cook the veggies & pork

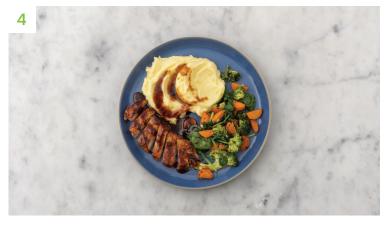
- Heat a large frying pan with a drizzle of olive oil over medium-high heat.
 Cook broccoli & carrot mix, tossing, until tender, 4-5 minutes. Stir in garlic until fragrant, 1-2 minutes.
- Add **baby spinach leaves** and cook until wilted, **1 minute**. Transfer **veggies** to a second medium bowl. Cover to keep warm.
- Wipe out frying pan, then return to medium-high heat with a drizzle of olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each side (depending on thickness).
- Remove pan from heat, add **BBQ sauce** and the **honey**. Turn **pork** to coat.



Get prepped

- While the potato is cooking, finely chop garlic.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil.
 Add pork loin steaks and toss to coat.

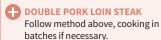
Little cooks: Help toss the pork steaks in the spice blend.



Serve up

- Divide sticky honey BBQ pork steaks, creamy mash and veggies between plates.
- Spoon any remaining sauce from the pan over the pork and mash to serve. Enjoy!









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

