



Sticky Honey BBQ Pork Steaks

with Creamy Mash & Pre-Prepped Veggies

HELLOHERO

KID FRIENDLY

Grab your meal kit with this number

24



Potato



Garlic



Aussie Spice Blend



Pork Loin Steaks



Broccoli & Carrot Mix



Baby Spinach Leaves



BBQ Sauce



Pork Loin Steak



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Protein Rich

Eat Me First

This dish might be simple to make, but it's full of flavour and definitely no ho-hum weeknight dinner. The secret is to flavour the juicy pork steaks with our Aussie spice blend, before popping them in the pan and adding BBQ sauce and a bit of honey once they're done. The result is the perfect balance of savoury and sweet flavours.

Pantry items

Olive Oil, Butter, Milk, Honey

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	¼ 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

*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.

CUSTOM OPTIONS

+ **DOUBLE PORK LOIN STEAK**
Follow method above, cooking in batches if necessary.

↻ **SWAP TO CHICKEN BREAST**
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



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!

We're here to help!

Scan here if you have any questions or concerns

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

