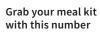


Seared Pork & Herby Crushed Potatoes

with Tomato Salad & Mustard Mayo

KID FRIENDLY





Chopped Potato

Savoury Seasoning

Tomato

Mixed Salad

Leaves





Pantry items Olive Oil, Butter, Vinegar (White Wine or Balsamić)

Prep in: 15-25 mins Ready in: 25-35 mins

Carb Smart

Protein Rich

We've jazzed up your average pork, salad and veg combo by lightly crushing the potatoes and adding some herby butter and searing pork with our new kid on the block; savoury seasoning. Serve with some mustard mayo for a winner dinner full of flavour!

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

<u> </u>		
	2 People	4 People
olive oil*	refer to method	refer to method
parsley	1 packet	1 packet
chopped potato	1 medium packet	1 large packet
butter*	20g	40g
chicken stock pot	1 small packet	1 medium packet
savoury seasoning	1 sachet	2 sachets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
tomato	1	2
celery	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mustard mayo	1 medium packet	2 medium packets
*Pantry Items		

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2725kJ (651Cal)	501kJ (119Cal)
Protein (g)	43.3g	8g
Fat, total (g)	40.7g	7.5g
- saturated (g)	14.3g	2.6g
Carbohydrate (g)	38.3g	7g
- sugars (g)	11.5g	2.1g
Sodium (mg)	2097mg	385mg
Dietary Fibre (g)	6.5g	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.



Make the crushed potatoes

- Boil the kettle. Finely chop parsley.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Cook **chopped potato** in the boiling water, over high heat, until easily pierced with a fork, 12-15 minutes. Drain.
- Return saucepan to medium-high heat, stir in the butter, chicken stock pot and parsley, until fragrant, 1 minute.
- Remove from heat then return potato to pan and toss to coat. Lightly crush with a fork. Cover to keep warm.

TIP: Add a splash of water if the potato looks dry! Little cooks: Take the lead and lightly crush the potatoes!



Cook the pork

- While potato is boiling, in a medium bowl, combine savoury seasoning, a drizzle of **olive oil** and a pinch of **pepper**. Add **pork loin steaks**, turn 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.



Toss the salad

CUSTOM

OPTIONS

3

- While pork is cooking, cut tomato into thin wedges. Finely chop celery.
- In a large bowl, combine tomato, celery, mixed salad leaves and a drizzle of the vinegar. Season to taste.

Little cooks: Help toss the salad!

SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

Finish & serve

- Slice pork.
- · Divide seared pork steak, herby butter crushed potatoes and tomato salad between plates.
- Serve with mustard mayo. Enjoy!

ADD PARMESAN CHEESE Sprinkle over before serving.

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

