

# Seared Pork & Herby Crushed Potatoes

with Tomato Salad & Mustard Mayo

KID FRIENDLY

Grab your meal kit with this number

12



Parsley



Chopped Potato



Chicken Stock Pot



Savoury Seasoning



Pork Loin Steaks



Tomato



Celery



Mixed Salad Leaves



Mustard Mayo



Chicken Breast



Parmesan Cheese

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



Protein Rich



Carb Smart

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!

### Pantry items

Olive Oil, Butter, 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
parsley	1 packet	1 packet
chopped potato	1 medium packet	1 large packet
<b>butter*</b>	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
<b>vinegar*</b> (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](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



## 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!

3



## Toss the salad

- 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!

### CUSTOM OPTIONS



#### SWAP TO CHICKEN BREAST

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



#### ADD PARMESAN CHEESE

Sprinkle over before serving.

2



## 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**.

4



## Finish & serve

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

## We're here to help!

Scan here if you have any questions or concerns

2025 | CW05



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

