



Aussie Pork & Veggie Fries

with Caramelised Onion & Mint Sauce

Grab your Meal Kit with this symbol



Carrot



Zucchini



Beetroot



Onion



Aussie Spice Blend



Pork Loin Steaks



Apple



Mixed Leaves



Mint Sauce



Chicken Breast

Prep in: 20-30 mins
Ready in: 35-45 mins



Eat Me Early*
**Custom Recipe Only*



Naturally Gluten-Free
Not suitable for coeliacs

Dietitian Approved



Carb Smart

Bursting with paprika, rosemary and thyme, our Aussie spice blend is perfect for these juicy pork steaks. Team with vibrant veggie fries and a sweet and peppery salad to keep the carbs down.



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Balsamic Vinegar, Brown Sugar, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
zucchini	1	2
beetroot	1	2
onion	1	2
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
apple	1	2
white wine vinegar*	drizzle	drizzle
mixed leaves	1 medium bag	1 large bag
mint sauce	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1875kJ (448Cal)	307kJ (73Cal)
Protein (g)	40.5g	6.6g
Fat, total (g)	12.9g	2.1g
- saturated (g)	2.7g	0.4g
Carbohydrate (g)	37.1g	6.1g
- sugars (g)	35.2g	5.8g
Sodium (mg)	635mg	104mg
Dietary Fibre (g)	10.3g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1856kJ (444Cal)	296kJ (71Cal)
Protein (g)	40g	6.4g
Fat, total (g)	12.6g	2g
- saturated (g)	2.4g	0.4g
Carbohydrate (g)	37.6g	6g
- sugars (g)	35.4g	5.7g
Sodium (mg)	644mg	103mg
Dietary Fibre (g)	10.6g	1.7g

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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1



Bake the veggie fries

Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, zucchini** and **beetroot** into fries. Place **fries** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.

2



Caramalise the onion

Meanwhile, thinly slice **onion**. In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring regularly, until softened, **5-6 minutes**. Reduce heat to medium, then add the **balsamic vinegar, brown sugar** and a splash of **water**. Mix well. Cook until dark and sticky, **3-5 minutes**. Transfer to a small bowl.

3



Get prepped

While the onion is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks**, turning to coat.

CUSTOM RECIPE

If you've swapped to chicken breast, place your hand flat on top of chicken and slice through horizontally to make two thin steaks. Add to the bowl with the spice blend, as above.

4



Cook the pork

Wipe out frying pan and 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 from heat.

TIP: Pork can be served slightly blushing pink in the centre.

CUSTOM RECIPE

Prepare pan as above. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Remove from heat.

TIP: Chicken is cooked through when it's no longer pink inside.

5



Toss the salad

While the pork is cooking, thinly slice **apple**. In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **mixed leaves** and **apple**. Toss to combine.

6



Serve up

Slice the seared pork. Divide between plates, spooning over any juices from the pan. Top with the caramelised onion. Serve with veggie fries, salad and **mint sauce**.

CUSTOM RECIPE

Slice the chicken, then serve as above.

Enjoy!

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