

Easy Dukkah-Crusted Pork

with Lemon Crushed Potatoes & Pear Rainbow Salad

Grab your Meal Kit with this symbol



Potato



Garlic



Pear



Tomato



Lemon



Dukkah



Pork Loin Steaks



Vegetable Stock Powder



Deluxe Salad Mix



Dill & Parsley Mayonnaise



Chicken Breast

Hands-on: **15-25 mins**
 Ready in: **30-40 mins**

Calorie Smart

Eat me early*
**Custom recipe only*

Naturally gluten-free
Not suitable for Coeliacs

Eat like an Egyptian by adding dukkah to your dinner! Here, we add the tasty mix of seeds and spices to create a moreish crust for pork loin steaks.



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

Pantry items

Olive Oil, Honey

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

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
pear	1	2
tomato	1	2
lemon	½	1
dukkah	1 medium sachet	1 large sachet
pork loin steaks	1 packet	1 packet
water*	1 tbs	2 tbs
vegetable stock powder	1 medium sachet	1 large sachet
honey*	1 tsp	2 tsp
deluxe salad mix	1 bag (150g)	1 bag (300g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2511kJ (600Cal)	422kJ (100Cal)
Protein (g)	46g	7.7g
Fat, total (g)	24.4g	4.1g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	44.8g	7.5g
- sugars (g)	15.7g	2.6g
Sodium (mg)	836mg	140mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2530kJ (604Cal)	414kJ (98Cal)
Protein (g)	46.6g	7.6g
Fat, total (g)	24.7g	4g
- saturated (g)	3g	0.5g
Carbohydrate (g)	45.7g	7.5g
- sugars (g)	16.5g	2.7g
Sodium (mg)	834mg	137mg

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



Cook the lemon potatoes

Cut the **potato** into large chunks. Place the **potato** in a medium saucepan of cold salted water and bring to the boil. Cook until easily pierced with a knife, **10-12 minutes**. Drain and transfer to a bowl. Meanwhile, finely chop the **garlic**. Thinly slice the **pear**. Roughly chop the **tomato**. Zest the **lemon** to get a generous pinch and slice into wedges. Place the **dukkah** on a plate. Place the **pork** in the **dukkah** and turn to coat.

CUSTOM RECIPE

Place your hand flat on top of the chicken breast and slice through horizontally to make two thin steaks. Coat chicken in dukkah as above.

3



Finish the potatoes

Return the saucepan to a medium-high heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **water**, **lemon zest** and **lemon juice** (1 tbs for 2 people / 2 tbs for 4 people) and the **vegetable stock powder**. Bring to the boil then remove from the heat. Add the **potato** and toss to coat. Lightly crush the **potato**. Add a drizzle of **olive oil** and toss.

2



Cook the pork

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

CUSTOM RECIPE

Heat the pan as above. Cook the chicken steaks until cooked through, 3-5 minutes each side (cook in batches if your pan is getting crowded).

4



Serve up

In a large bowl, combine the **honey**, a squeeze of lemon and a drizzle of olive oil. Add the pear, tomato and **deluxe salad leaves**. Season to taste and toss to combine. Slice the dukkah-crusted pork and divide between plates. Serve with the lemon crushed potatoes and pear rainbow salad. Drizzle with the **dill & parsley mayonnaise** and serve with any remaining lemon wedges.

Enjoy!