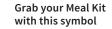
# Herby Onion-Glazed Pork with Cheesy Fries & Cucumber Salad











Potato

**Grated Parmesan** Cheese



Cucumber



Carrot





Garlic

Herbs





Mixed Leaves

Steaks



Caramelised Onion Chutney



Chicken-Style Stock Powder



Hands-on: 25-35 mins Ready in: 35-45 mins Naturally Gluten-Free

Not suitable for coeliacs

**Dietician Approved** 

Calorie Smart Eat Me Early
\*Custom Recipe Only

Ain't life a lot like good food? It's always a balance between the sweet and the savoury. We've walked the tightrope with this delicate blend of succulent pork with caramelised onion and herbs, cheesy potatoes and a crisp cucumber salad. Take a bite into this slice of life!



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

#### **Pantry items**

Olive Oil, White Wine Vinegar, Butter

#### 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

| 9                             |                   |                    |  |  |
|-------------------------------|-------------------|--------------------|--|--|
|                               | 2 People          | 4 People           |  |  |
| olive oil*                    | refer to method   | refer to method    |  |  |
| potato                        | 2                 | 4                  |  |  |
| grated Parmesan<br>cheese     | 1 packet<br>(30g) | 2 packets<br>(60g) |  |  |
| cucumber                      | 1                 | 2                  |  |  |
| carrot                        | 1/2               | 1                  |  |  |
| garlic                        | 1 clove           | 2 cloves           |  |  |
| herbs                         | 1 bag             | 1 bag              |  |  |
| pork loin steaks              | 1 small packet    | 1 large packet     |  |  |
| white wine<br>vinegar*        | drizzle           | drizzle            |  |  |
| mixed leaves                  | 1 small bag       | 1 medium bag       |  |  |
| caramelised onion chutney     | 1 packet<br>(40g) | 2 packets<br>(80g) |  |  |
| butter*                       | 20g               | 40g                |  |  |
| chicken-style<br>stock powder | ½ medium sachet   | 1 medium sachet    |  |  |
| chicken breast**              | 1 small packet    | 1 large packet     |  |  |
|                               |                   |                    |  |  |

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

#### **Nutrition**

| Avg Qty          | Per Serving     | Per 100g      |
|------------------|-----------------|---------------|
| Energy (kj)      | 2255kJ (538Cal) | 417kJ (99Cal) |
| Protein (g)      | 46g             | 8.5g          |
| Fat, total (g)   | 22.9g           | 4.2g          |
| - saturated (g)  | 10.7g           | 2g            |
| Carbohydrate (g) | 35.4g           | 6.6g          |
| - sugars (g)     | 13.6g           | 2.5g          |
| Sodium (mg)      | 611mg           | 113mg         |
| Custom Recipe    |                 |               |

| Avg Qty          | Per Serving     | Per 100g             |
|------------------|-----------------|----------------------|
| Energy (kj)      | 2236kJ (534Cal) | <b>403kJ</b> (96Cal) |
| Protein (g)      | 45.4g           | 8.2g                 |
| Fat, total (g)   | 22.6g           | 4.1g                 |
| - saturated (g)  | 10.4g           | 1.9g                 |
| Carbohydrate (g) | 35.9g           | 6.5g                 |
| - sugars (g)     | 13.8g           | 2.5g                 |
| Sodium (mg)      | 620mg           | 112mg                |

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.



#### Bake the fries

Preheat oven to 240°C/220°C fan-forced. Cut potato into fries. Place on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake for 20 minutes. Remove tray from oven, then sprinkle over grated Parmesan cheese. Return to oven to bake until cheese is melted and golden, 5 minutes.



## Get prepped

Meanwhile, thinly slice **cucumber** into rounds. Grate **carrot** (see ingredients). Finely chop **garlic**. Pick **herb** leaves.

#### **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.



# Cook the pork

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

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

#### **CUSTOM RECIPE**

Heat pan as above. Cook chicken until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate to rest.



#### Make the salad

While pork is resting, combine a drizzle of **white wine vinegar** and **olive oil** in a large bowl. Season, then add **mixed leaves**, **cucumber** and **carrot**. Toss to coat.

**Little cooks:** Kids can help wash and toss the salad veggies!



# Make the glaze

Return frying pan to medium-high heat with a drizzle of olive oil. Cook garlic and herbs, stirring, until fragrant, 30 seconds. Add caramelised onion chutney, the butter, chicken-style stock powder (see ingredients), a splash of water and any pork resting juices. Cook, stirring, until combined, 1 minute.



## Serve up

Slice the pork. Divide the pork, cheesy fries and salad between plates. Spoon remaining herby onion glaze from the pan over the pork to serve.

**Little cooks:** Kids can add the finishing touch by spooning over the herby onion glaze!

#### **CUSTOM RECIPE**

Slice chicken, then serve as above.

Enjoy!