



Herby Onion-Glazed Pork

with Cheesy Fries & Cucumber Salad

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Cucumber



Carrot



Garlic



Herbs



Pork Loin Steaks



Mixed Leaves



Caramelised Onion Chutney



Chicken-Style Stock Powder



Chicken Breast



Hands-on: 25-35 mins
Ready in: 35-45 mins



Calorie Smart



Eat Me Early
**Custom Recipe Only*



Naturally Gluten-Free
Not suitable for coeliacs

Dietician Approved

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

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

*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)	403kJ (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.

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

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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**.



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!



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.



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**.



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.



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!