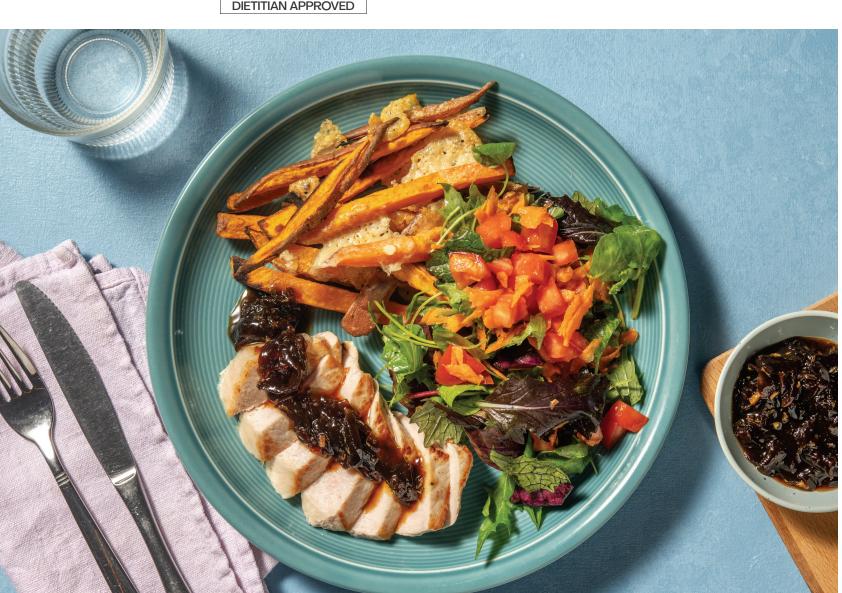


Rosemary & Onion-Glazed Pork with Cheesy Sweet Potato Fries & Tomato Salad

DIETITIAN APPROVED



Grab your Meal Kit with this symbol













Carrot







Rosemary

Mixed Salad Leaves



Shaved Parmesan

Chicken-Style Stock Powder



Pork Loin Steaks

Onion Chutney

Prep in: 25-35 mins Ready in: 35-45 mins



Carb Smart

Ain't life a lot like good food? It's always a fine balance between the sweet and savoury. We've walked the tightrope by topping succulent pork with herby caramelised onion, and serving it up with cheesy SP fries and a crisp salad. Take a bite into this slice of life and you'll be left wanting more.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic), 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
sweet potato	2	4
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
tomato	1	2
carrot	1/2	1
garlic	1 clove	2 cloves
rosemary	1 stick	2 sticks
pork loin steaks	1 small packet	1 large packet
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
onion chutney	1 packet (40g)	2 packets (80g)
butter*	15g	30g
chicken-style stock powder	½ medium sachet	1 medium sachet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2421kJ (579Cal)	483kJ (115Cal)
Protein (g)	39.9g	8g
Fat, total (g)	28.6g	5.7g
- saturated (g)	12.3g	2.5g
Carbohydrate (g)	39.5g	7.9g
- sugars (g)	21.9g	4.4g
Sodium (mg)	876mg	175mg
Dietary Fibre (g)	7.9g	1.6g

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 sweet potato fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut sweet potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat. Bake until just tender, 20-25 minutes.
- When the fries have 5 minutes remaining, remove from oven. Sprinkle with shaved Parmesan cheese. Bake until golden and crispy, a further 5 minutes.

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



Get prepped

- Meanwhile, roughly chop tomato.
- Grate carrot (see ingredients).
- Finely chop garlic.
- Pick and finely chop **rosemary leaves**.

Little cooks: Older kids, help grate the carrot under adult supervision!



Cook the pork

- In a large frying pan, heat a drizzle of olive oil over medium-high heat.
- · Season pork loin steaks.
- When oil is hot, cook **pork** 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.



Make the salad

· While the pork is cooking, combine a drizzle of vinegar and olive oil in a large bowl. Season, then add mixed salad leaves, tomato and carrot. Toss to coat.

Little cooks: Lend a hand by combining the ingredients for the dressing and tossing the salad!



Make the glaze

- While the pork is resting, return frying pan to medium-high heat with a drizzle of olive oil.
- · Cook garlic and rosemary, stirring, until fragrant, 30 seconds.
- Add 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 pork, cheesy sweet potato fries and salad between plates.
- Spoon rosemary-onion glaze over pork to serve. Enjoy!

Little cooks: Under adult supervision, add the finishing touch by spooning the glaze over the pork. Be careful, the pan is hot!



