



# Rosemary & Onion-Glazed Pork

with Cheesy Sweet Potato Fries & Tomato Salad

DIETITIAN APPROVED



Grab your Meal Kit with this symbol



Sweet Potato



Tomato



Carrot



Garlic



Rosemary



Mixed Salad Leaves



Chicken-Style Stock Powder



Shaved Parmesan Cheese



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
<b>olive oil*</b>	refer to method	refer to method
sweet potato	2	4
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)
tomato	1	2
carrot	½	1
garlic	1 clove	2 cloves
rosemary	1 stick	2 sticks
pork loin steaks	1 small packet	1 large packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
onion chutney	1 packet (40g)	2 packets (80g)
<b>butter*</b>	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](https://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.



## 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!



## 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!



## 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**.



## 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.



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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