



Honey Mustard Pork Steaks

with Cheesy Chive Mash



Potato



Broccoli



Carrot



Chives



Wholegrain Mustard



Pork Loin Steaks



Shaved Parmesan Cheese



Chicken Breast



Hands-on: **25-35 mins**
Ready in: **30-40 mins**



Calorie Smart*



Naturally Gluten-Free
Not suitable for coeliacs



Eat Me Early

Add some flair to your usual meat and three veg with these sweet honey mustard-glazed pork steaks, complete with a creamy herbed mash. The only tricky part will be deciding what your favourite component of the dish is!



CUSTOM RECIPE

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

Pantry items

Olive Oil, Honey, Butter, Milk

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 with lid · Colander · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
carrot	1	2
chives	1 bag	1 bag
wholegrain mustard	½ packet	1 packet
honey*	1 tbs	2 tbs
water*	¼ cup	½ cup
pork loin steaks	1 small packet	1 large packet
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	½ tsp	1 tsp
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2683kJ (641Cal)	385kJ (92Cal)
Protein (g)	56.1g	8.1g
Fat, total (g)	24.7g	3.5g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	42g	6g
- sugars (g)	17.1g	6g
Sodium (mg)	1061mg	152mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2702kJ (645Cal)	380kJ (90Cal)
Protein (g)	56.8g	8g
Fat, total (g)	24.9g	3.5g
- saturated (g)	14.7g	2.1g
Carbohydrate (g)	42.8g	6g
- sugars (g)	18g	2.5g
Sodium (mg)	1059mg	149mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart

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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Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Chop the **broccoli** (including the stalk!) into small florets. Slice the **carrot** into thin sticks. Finely chop the **chives**.

CUSTOM RECIPE

If you've swapped to chicken breast, get prepped as above, then place your hand flat on top of the chicken breast. Slice through horizontally to make two thin steaks.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **pork loin steaks**. Cook the **pork**, until browned and cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest.

TIP: Cook in batches if your pan is getting crowded!

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

CUSTOM RECIPE

Prepare the pan as above. Cook the chicken steaks, until cooked through, 3-5 minutes each side.

TIP: Chicken is cooked through when it's no longer pink inside.



Cook the veggies

Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. In the last **8 minutes** of cook time, put the **broccoli** and **carrot** in a colander, then place on top of the saucepan. Cover with a lid and steam until tender. Transfer the **broccoli** and **carrot** to a bowl. Drizzle with **olive oil**, season with **salt** and **pepper** and cover to keep warm. Drain the **potato**, return to the pan and cover to keep warm.



Cook the sauce

Return the frying pan to a medium-high heat. Add the **mustard mixture** and simmer until thickened, **2-3 minutes**. Meanwhile, add the **butter**, **milk** and **salt** to the **potato**. Mash until smooth, then stir through the **shaved Parmesan cheese** and **chives**. When the sauce is done, remove the pan from the heat and stir through any **pork resting juices**.

CUSTOM RECIPE

Follow the above steps, stirring through any chicken resting juices to the sauce at the end.



Prep the sauce

While the potato is cooking, combine the **wholegrain mustard**, **honey**, the **water** and a pinch of **salt** in a small bowl.



Serve up

Slice the pork steaks. Divide the pork, cheesy chive mash and steamed veggies between plates. Spoon the honey mustard sauce over the pork to serve.

CUSTOM RECIPE

Slice the chicken steaks, then serve as above.

Enjoy!

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