



# Orange-Thyme Pork Loin Steaks

with Garlic Mash & Steamed Beans



Add garlic to your favourite potato mash



Potato



Green Beans



Zucchini



Thyme



Orange



Garlic



Pork Loin



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



Naturally gluten-free  
*Not suitable for Coeliacs*

A



Low calorie

We don't know why, but pork with fruit is an endlessly inspiring combination! This seasonal twist is orange and thyme, which adds a fragrant and delicious finish to this simple and totally tasty supper.

**Pantry Staples:** Olive Oil, Brown Sugar, Butter, Milk

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large saucepan** with a **lid, vegetable peeler, fine grater, juicer, garlic crusher, colander** or **steamer basket, medium bowl, large frying pan, tongs, plate, foil, wooden spoon** and a **potato masher** or **fork**.



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel the **potato** and chop into 2 cm chunks. Trim the ends of the **green beans**. Slice the **zucchini** into 0.5 cm strips (about the same size as the beans). Pick the **thyme** leaves until you have **1 tsp for 2 people / 2 tsp for 4 people**. Zest the **orange** until you have **1 tsp for 2 people / 2 tsp for 4 people**. Juice the orange until you have **1/4 cup for 2 people / 1/2 cup for 4 people**. Peel and crush the **garlic** (see ingredients list).



### 2 COOK THE POTATO & VEGGIES

Add the **potato** to the saucepan of boiling water and place a colander or steamer basket on top. **TIP:** *The colander should not touch the water.* Add the **green beans** and **zucchini** to the colander, cover with a lid and steam for **10-15 minutes**, or until the veggies are soft but still retain some bite. Transfer the green beans and zucchini to a medium bowl and season with a **pinch** of **salt** and **pepper**. **Drizzle** with **olive oil** and cover to keep warm. Drain the potato and cover to keep warm.



### 3 COOK THE PORK

While the veggies are cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Once hot, add the **pork loin** steaks and cook for **2-4 minutes** on each side (depending on thickness), or until cooked through. Transfer to a plate and cover with foil to rest for **5 minutes**. **TIP:** *It's okay for pork to be served slightly blushing pink in the centre.*



### 4 MAKE THE SAUCE

Return the same frying pan to a medium heat and add another **drizzle of olive oil** (if needed). Add the **thyme** and **orange zest** and cook for **1 minute**, or until fragrant. Add the **orange juice** and **brown sugar** and cook for **1 minute**, or until reduced slightly. Return the **pork loin** steaks (and any resting juices) to the pan and heat for **30 seconds** or until warmed through.



### 5 MAKE THE GARLIC MASH

Return the same large saucepan to a medium heat and add the **butter** and **garlic**. Cook for **2 minutes**, or until fragrant. Add the **potato** and toss in the garlic butter. Add the **milk, salt** (see ingredients list) and a **pinch** of **pepper** and mash, using a potato masher or fork, until smooth.



### 6 SERVE UP

Divide the veggies, garlic mash and orange-thyme pork loin steaks between plates. Spoon over the remaining sauce from the pan.

## Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag	1 bag
zucchini	1	2
thyme	1 bunch	1 bunch
orange	1	2
garlic	½ clove	1 clove
pork loin	1 packet	1 packet
brown sugar*	1 tbs	2 tbs
butter*	30 g	60 g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2170kJ (519Cal)	338kJ (81Cal)
Protein (g)	45.6g	7.1g
Fat, total (g)	15.8g	2.5g
- saturated (g)	9.0g	1.4g
Carbohydrate (g)	44.0g	6.9g
- sugars (g)	18.0g	2.8g
Sodium (g)	439mg	68mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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