



Popcorn-Style Pork

with Herby Sweet Potato Wedges and Veggies



Master popcorn pork



Sweet Potato



Thyme



Pork Loin



Broccoli



Carrot



Sweet Mustard Spice Blend



Panko Breadcrumbs

Pantry Staples: Olive Oil, Plain Flour, Eggs



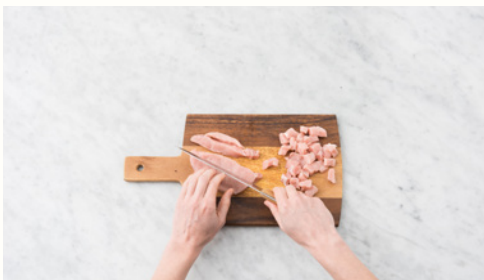
Hands-on: **35** mins

Ready in: **40** mins

You may have heard of popcorn chicken, but you ain't never heard of (or tasted) anything quite like popcorn pork. Infused with a sweet mustard spice blend, it's a little bit punchy and very, very moreish. We'll forgive you if you want to use your hands for this one!

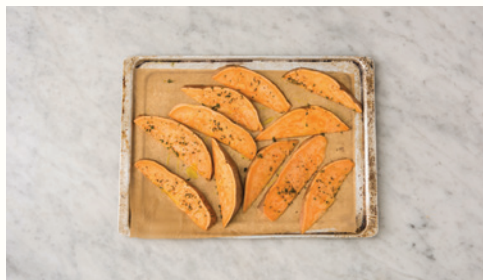
BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **medium saucepan, chef's knife, chopping board, oven tray lined with baking paper, three medium bowls, fork, two plates, medium frying pan, paper towel** and a **colander**.



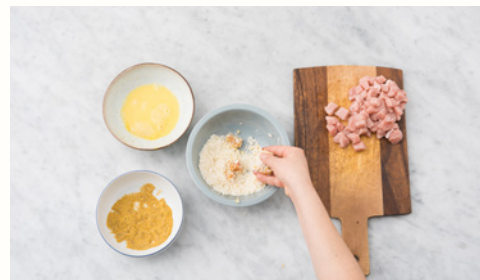
1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Bring a medium saucepan of salted water to the boil. Slice the **sweet potato** (unpeeled) into 1 cm thick wedges. Pick the **thyme** leaves. Dice the **pork loin** into 1 cm cubes. Cut the **broccoli** into 2 cm florets. Finely slice the **carrot** (unpeeled) into 1 cm rounds.



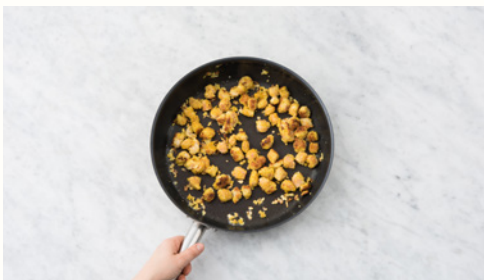
2 BAKE THE SWEET POTATO

Place the **sweet potato** wedges on the oven tray lined with baking paper. Sprinkle over the **thyme**, **drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, arrange in a single layer and place in the oven to bake for **25-30 minutes**, or until golden.



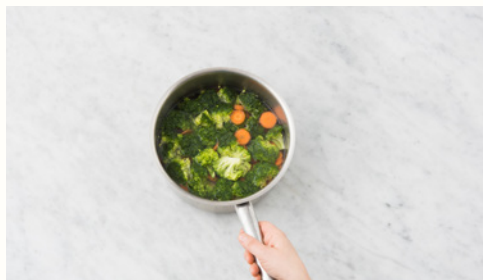
3 CRUMB THE PORK

While the sweet potato is cooking, combine the **sweet mustard spice blend**, **plain flour** and a **pinch** of **salt** and **pepper** in a medium bowl. In a second medium bowl, whisk the **egg** with a fork. In a third medium bowl, add the **panko breadcrumbs**. Dip handfuls of the **pork cubes** into the mustard-flour mix, followed by the whisked egg and finally in the panko breadcrumbs. Set aside on a plate, ready to fry! **TIP:** *Coating the pork in handfuls saves time!*



4 FRY THE PORK

Heat a **good drizzle** of **olive oil** in a medium frying pan over a high heat. Add **1/2** the crumbed **pork cubes** and cook for **4-5 minutes**, or until golden and cooked through. Remove from the pan and set aside on a paper towel lined plate to soak up excess oil. Repeat with the remaining pork cubes.



5 COOK THE VEGGIES

While the pork is cooking, add the **broccoli** and **carrot** to the medium saucepan of boiling water. Cook for **3-4 minutes**, or until tender. Drain, return to the saucepan and cover to keep warm.



6 SERVE UP

Divide the popcorn pork, baked thyme sweet potato and the veggies between plates.

Enjoy!

4-5 PEOPLE — INGREDIENTS

	4-5P
olive oil*	refer to method
sweet potato	800 g
thyme	1 bunch
pork loin	1 packet
broccoli	1 head
carrot	2
sweet mustard spice blend	1 sachet (2 tsp)
plain flour*	2 tbs
egg*	2
panko breadcrumbs	2 packets (2 cups)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2770kJ (662Cal)	546kJ (130Cal)
Protein (g)	48.7g	9.6g
Fat, total (g)	29.7g	5.8g
- saturated (g)	4.8g	1.0g
Carbohydrate (g)	46.1g	9.1g
- sugars (g)	5.5g	1.1g
Sodium (g)	305mg	60mg

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

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