



Pork Steak & Onion Chutney Glaze

with Cauliflower Cheese & Salad

Grab your Meal Kit with this symbol



Carrot



Tomato



Garlic



Cauliflower



Grated Parmesan Cheese



Garlic & Herb Seasoning



Pork Loin Steaks



Caramelised Onion Chutney



Mixed Leaves

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



Naturally Gluten-Free
Not suitable for coeliacs



Carb Smart

Looking for a spud-free side for your pork steaks that's not just salad? Meet cauliflower cheese! The silky sauce comes together with milk and minimal flour before being poured over the cauliflower, and sprinkled with Parmesan. While it bakes in the oven, sear the herby pork, finish the glaze and you're very welcome.

Pantry items

Olive Oil, Butter, Plain Flour, Milk, Balsamic Vinegar

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
tomato	1	2
garlic	3 cloves	6 cloves
cauliflower	1 medium portion	1 large portion
butter*	40g	80g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
caramelised onion chutney	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2227kJ (532Cal)	442kJ (106Cal)
Protein (g)	49g	9.7g
Fat, total (g)	24.2g	4.8g
- saturated (g)	14.8g	2.9g
Carbohydrate (g)	29.3g	5.8g
- sugars (g)	19.5g	3.9g
Sodium (mg)	852mg	169mg
Dietary Fibre (g)	5.6g	1.1g

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.



1 Get prepped

Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Grate **carrot** (see ingredients). Roughly chop **tomato**. Finely chop **garlic**. Cut **cauliflower** into small florets. Cook **cauliflower** in the boiling water until tender, **3-4 minutes**. Drain, then return to pan.



4 Cook the pork

Meanwhile, combine **garlic & herb seasoning** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks**, turning to coat. Wipe out frying pan and return to medium-high heat with a drizzle of **olive oil**. Cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Remove pan from heat, then add **caramelised onion chutney** and a splash of **water**, turning **pork** to coat.

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



2 Make the sauce

Heat a large frying pan over medium heat. Add the **butter** and **garlic** and cook until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove pan from heat, then slowly whisk in the **milk** until smooth. Season to taste.



5 Toss the salad

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



3 Bake the cauliflower cheese

Transfer **cauliflower** to a baking dish. Pour over the **sauce**. Sprinkle over the **grated Parmesan cheese**. Bake until golden and bubbling, **8-10 minutes**.



6 Serve up

Slice pork steaks. Divide pork, cauliflower cheese and salad between plates. Spoon any remaining onion chutney glaze from pan over pork to serve.

Enjoy!

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