



Herby Pork & Garlic Crushed Potatoes

with Apple Salad & Dill-Parsley Mayo

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Tomato



Apple



Garlic & Herb Seasoning



Mixed Salad Leaves



Garlic Paste



Pork Loin Steaks



Dill & Parsley Mayonnaise



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*

*Custom Recipe only

Carb Smart

This meal is all about the little differences – the garlicky herbs spicing up the pork, the warm, garlic crushed potatoes and a bright apple salad with a herby mayo dollop - this one will become your new favourite collaboration.

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

Pantry items

Olive Oil, Butter, Red Wine 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
garlic paste	1 packet	2 packets
tomato	1	2
apple	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
mixed salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2713kJ (648Cal)	524kJ (125Cal)
Protein (g)	39.1g	7.5g
Fat, total (g)	39.3g	7.6g
- saturated (g)	10.9g	2.1g
Carbohydrate (g)	33.6g	6.5g
- sugars (g)	12.2g	2.4g
Sodium (mg)	819mg	158mg
Dietary Fibre (g)	5.7g	1.1g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2554kJ (610Cal)	479kJ (114Cal)
Protein (g)	40g	7.5g
Fat, total (g)	34.7g	6.5g
- saturated (g)	9g	1.7g
Carbohydrate (g)	33.6g	6.3g
- sugars (g)	11.9g	2.2g
Sodium (mg)	631mg	118mg
Dietary Fibre (g)	9.1g	1.4g

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.

We're here to help!

Scan here if you have any questions or concerns



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1



Make the garlic crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut **potato** into large chunks.
- Add **potato** to the saucepan of boiling water and cook until easily pierced with a fork, **12-15 minutes**. Drain, then return empty saucepan to medium-high heat.
- Add the **butter**, **garlic paste** and a pinch of **salt** and cook, stirring, until fragrant, **1 minute**. Remove pan from heat then add **potato** and toss to coat. Lightly crush with a fork. Season to taste and cover to keep warm.

3



Cook the pork & sauce

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate, cover and rest for **5 minutes**.

TIP: Spice blend will char slightly in pan, this adds to the flavour!

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken steaks until cooked through, 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Thinly slice **apple**.
- In a medium bowl, combine **garlic & herb seasoning**, **pork loin steaks** and a drizzle of **olive oil**.

Little cooks: Help season the pork steaks by tossing it in the bowl.

Custom Recipe: If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks. Combine chicken with spice blend as above.

4



Serve up

- While pork is resting, in a large bowl, combine **mixed salad leaves**, tomato, apple, a drizzle of **red wine vinegar** and olive oil. Season to taste.
- Slice pork.
- Divide herby pork, garlic crushed potatoes and apple salad between plates.
- Top pork with **dill & parsley mayonnaise** to serve. Enjoy!

Custom Recipe: Slice chicken to serve.

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