

NEW

KID FRIENDLY

















Garlic & Herb Seasoning





Leaves



Pork Loin Steaks



Dill & Parsley Mayonnaise





Prep in: 20-30 mins Ready in: 25-35 mins Eat Me Early*

*Custom Recipe only



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.



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		

Per Serving	Per 100g
2554kJ (610Cal)	479kJ (114Cal)
40g	7.5g
34.7g	6.5g
9g	1.7g
33.6g	6.3g
11.9g	2.2g
631mg	118mg
9.1g	1.4g
	2554kJ (610Cal) 40g 34.7g 9g 33.6g 11.9g 631mg

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.



Scan here if you have any questions or concerns





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 mediumhigh 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.

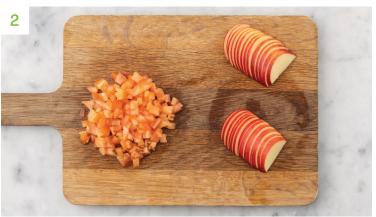


Cook the pork & sauce

- 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.



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.



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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