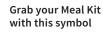


# Seared Pork & Cheesy Spinach Sauce

with Herby Roast Potato & Garlic Veggies







Prep in: 20-30 mins Ready in: 30-40 mins

**Carb Smart** 

s Naturally Gluten-Free Not suitable for coeliacs

Perk up your protein and three veg by topping seared pork with a Cheddar and baby spinach-laced cream sauce, and roasting potato chunks with a generous sprinkle of our garlic and herb seasoning. Balance out the richness and keep the carbs in check with plenty of vibrant veg, sautéed with a bit of fresh garlic to keep the flavour at a 10. Pantry items Olive Oil

#### 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

Oven tray lined with baking  $\mathsf{paper}\cdot\mathsf{Large}$  frying  $\mathsf{pan}$ 

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
broccoli	½ head	1 head
carrot	1	2
garlic	3 cloves	6 cloves
pork loin steaks	1 small packet	1 large packet
thickened cream	1 medium packet	1 large packet
vegetable stock powder	1/2 medium sachet	1 medium sachet
shredded Cheddar cheese	1 medium packet	1 large packet
baby spinach leaves	1 small bag	1 medium bag

#### \*Pantry Items

#### Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2616kJ (625Cal)	411kJ (98Cal)
Protein (g)	53.1g	8.3g
Fat, total (g)	27.9g	4.4g
- saturated (g)	15.8g	2.5g
Carbohydrate (g)	36.9g	5.8g
- sugars (g)	12.1g	1.9g
Sodium (mg)	973mg	153mg
Dietary Fibre (g)	10.3g	1.6g

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.



#### Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks.
- Place potato on a lined oven tray. Drizzle with olive oil, sprinkle with garlic & herb seasoning and season with salt. Toss to coat.
- Roast until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide the potato between two trays.

**Little cooks:** Lend a hand by tossing the potato in the olive oil and seasonings!



### Get prepped

- Meanwhile, chop broccoli (see ingredients) into small florets, then roughly chop the stalk.
- Thinly slice **carrot** into half-moons.
- Finely chop **garlic**.



# Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Stir-fry the **broccoli** and **carrot** until tender, **5-6 minutes**.
- Add 1/2 the garlic and cook until fragrant, 1 minute.
- Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.

**TIP:** Add a dash of water to the pan to help speed up the cooking process.



#### Cook the pork

- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- Season **pork loin steaks** on both sides.
- When oil is hot, cook pork until cooked through,
  3-4 minutes each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, then cover and set aside to rest for **5 minutes**.

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



#### Make the sauce

- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook remaining garlic until fragrant, 1 minute. Add thickened cream and vegetable stock powder (see ingredients). Cook, stirring, until slightly reduced, 2-3 minutes.
- Remove from heat. Add **shredded Cheddar cheese** and **baby spinach leaves**, stirring, until spinach is wilted, **1 minute**.



# Serve up

- Slice seared pork.
- Divide pork, herby roast potato and garlic veggies between plates.
- Spoon cheesy spinach sauce over pork to serve. Enjoy!

**Little cooks:** Under adult supervision, add the finishing touch by spooning the sauce on top. Be careful, the pan is hot!



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