

Seared Pork & Cheesy Spinach Sauce

with Herby Roast Potato & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Broccoli



Carrot



Garlic



Vegetable Stock Powder



Baby Spinach Leaves



Pork Loin Steaks




Thickened Cream



Shredded Cheddar Cheese

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

 Naturally Gluten-Free
Not suitable for coeliacs

 Carb Smart

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 paper · Large frying 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	½ 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.

1



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!

4



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.

2



Get prepped

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

3



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.

5



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**.

6



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!

We're here to help!

Scan here if you have any questions or concerns

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