



Seasoned Pork Steak & Onion Chutney

with Roasted Veggies & Greens

NEW KID FRIENDLY DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Carrot



Sweet Potato



Beetroot



Garlic



Green Beans



Aussie Spice Blend



Flaked Almonds



Pork Loin Steaks



Onion Chutney



Chicken Breast

Recipe Update

Due to sourcing challenges some of the fresh ingredients you may receive may be slightly different to what's pictured. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

Prep in: 20-30 mins
Ready in: 30-45 mins



Eat Me Early*
*Custom Recipe only

We've elevated this classic dish by giving our succulent pork steaks a coat of our tasty Aussie spice blend, then topping them off with a delicious onion chutney. Add roasted veggies and pan-fried green beans to make it a colourful and nutritious affair!

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

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
carrot	1	2
sweet potato	2	4
beetroot	1	2
garlic	2 cloves	4 cloves
green beans	1 small bag	1 medium bag
Aussie spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
onion chutney	1 packet (40g)	2 packets (80g)
flaked almonds	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)	2241kJ (536Cal)	359kJ (86Cal)
Protein (g)	39.8g	6.4g
Fat, total (g)	19.8g	3.2g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	48.1g	7.7g
- sugars (g)	26.4g	4.2g
Sodium (mg)	929mg	149mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2080kJ (497Cal)	325kJ (78Cal)
Protein (g)	43g	6.7g
Fat, total (g)	14g	2.2g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	47.8g	7.5g
- sugars (g)	25.9g	4g
Sodium (mg)	686mg	107mg

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



Roast the veggies

- Preheat oven to **240°C/220°C fan forced**.
- Cut **carrot** and **sweet potato** into bite-sized chunks. Cut **beetroot** into 1cm chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.
- Finely chop **garlic**. In a small bowl, combine **garlic** and a drizzle of **olive oil**.
- When the veggies have **5 minutes** remaining, remove from the oven, and drizzle over the **garlic** mixture. Roast until golden, **5 minutes**.



Cook the pork

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, add **pork steaks** and cook until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).

TIP: The spice blend will char slightly in the 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 (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded).



Get prepped

- While the veggies are roasting, trim **green beans**.
- In a medium bowl, combine **Aussie spice blend**, **pork loin steaks**, a pinch of **pepper** and a drizzle of **olive oil**. Set aside.

Little cooks: Take charge by combining the pork with the seasoning!

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



Add the sauce

- Remove the pan from heat, add **onion chutney** and a splash of **water** and gently turn to coat. Set aside and rest for **5 minutes**.



Cook the green beans

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, tossing regularly, until tender, **4-5 minutes**.
- Season to taste and transfer to a bowl. Cover to keep warm.



Serve up

- Slice the pork. Divide Aussie-spiced pork, roast veggies and greens between plates.
- Spoon any remaining sauce over pork.
- Garnish with **flaked almonds** to serve. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate