



Herby Pork Steak with Garlic Veggies & Pesto Dressing

FRESH & FAST Box to plate: 15 mins

Grab your
Fresh & Fast
Meal Kit



Nutrition Per Serving: Energy 2640kJ (631Cal) | Protein 35.4g | Fat, total 41.2g - saturated 10.1g | Carbohydrate 27.7g - sugars 6.2g | Sodium 1504mg
Carb Smart | The quantities provided above are averages only.

We're here to help! Scan here
2023 | WK12 | AF



Get ready

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'll need

(along with the basics)



Large Frying Pan



Microwave

From the pantry



Olive Oil



Salt & Pepper

From the cool pouch

	2P	4P
Pork Loin Steaks	1 small pkt	1 large pkt
Trimmed Green Beans	1 medium bag	1 large bag
Roasted Potatoes with Garlic Herb Butter	1 pkt	2 pkts
Garlic Paste	1 pkt	2 pkts
Creamy Pesto Dressing	1 pkt (50g)	1 pkt (100g)

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. Sizzle



Pork Loin Steaks



Garlic & Herb Seasoning



Zucchini



Trimmed Green Beans



Garlic Paste

- Heat **olive oil** in a frying pan over medium-high heat
- In a bowl, combine **pork, seasoning** and a drizzle of **olive oil**
- Cook **pork**, until cooked through, **3-4 mins** each side
- Transfer to a plate to rest



2. Steam

- Chop **zucchini**
- Return the pan to medium-high heat with **olive oil**
- Add **zucchini, beans** and **garlic paste** and cook until tender, **4-5 mins**
- Season to taste



3. Zap



Roasted Potatoes with Garlic Herb Butter



Creamy Pesto Dressing

- Prick a few holes in **potato** packet and microwave until hot and steaming, **3 mins**
- Plate up **pork, garlic greens** and **potatoes**
- Serve with **creamy pesto dressing**



Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate