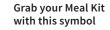


# Quick Sticky Honey BBQ Pork Steaks with Creamy Mash & Veggies

KID FRIENDLY















Pork Loin Steaks



Broccoli & Carrot



**Baby Spinach** 



**BBQ Sauce** 





Prep in: 20-30 mins Ready in: 25-35 mins



This dish might be simple to make, but it's full of flavour and definitely no ho-hum weeknight dinner. The secret is to flavour the juicy pork steaks with our Aussie spice blend, before popping them in the pan and adding BBQ sauce and a bit of honey once they're done. The result is the perfect balance of savoury and sweet flavours.

**Pantry items** Olive Oil, Butter, Milk, Honey

#### Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Medium saucepan with a lid · Large frying pan

#### Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
butter*	40g	80g	
milk*	2 tbs	½ cup	
garlic	2 cloves	4 cloves	
Aussie spice blend	1 medium sachet	1 large sachet	
pork loin steaks	1 small packet	1 large packet	
broccoli & carrot mix	1 medium bag	1 large bag	
baby spinach leaves	1 small bag	1 medium bag	
BBQ sauce	1 packet	2 packets	
honey*	1 tsp	2 tsp	
pork loin steaks**	1 small packet	1 large packet	

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2402kJ (574Cal)	475kJ (114Cal)
Protein (g)	35.3g	7g
Fat, total (g)	30.3g	6g
- saturated (g)	16.1g	3.2g
Carbohydrate (g)	38.9g	7.7g
- sugars (g)	17.7g	3.5g
Sodium (mg)	1276mg	252mg
Dietary Fibre (g)	6.1g	1.2g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3371kJ (806Cal)	<b>514kJ</b> (123Cal)
Protein (g)	62.8g	9.6g
Fat, total (g)	43.5g	6.6g
- saturated (g)	21.3g	3.2g
Carbohydrate (g)	39.8g	6.1g
- sugars (g)	18.1g	2.8g
Sodium (mg)	1721mg	263mg

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.





#### Cook the mash

- Bring a medium saucepan of salted water to the boil. Peel potato and cut into large chunks. Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes.
- Drain potato and return to the pan. Add the butter and the milk, then season generously with salt. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled!



# Cook the veggies & pork

- Heat a large frying pan with a drizzle of **olive oil** over medium-high heat.
- Cook broccoli & carrot mix, tossing, until tender, 4-5 minutes. Stir in garlic until fragrant, 1-2 minutes.
- Add baby spinach leaves and cook until wilted, 1 minute. Transfer veggies to a second medium bowl. Cover to keep warm.
- Wipe out the frying pan and return to medium-high heat with a drizzle of
   olive oil. When oil is hot, cook pork until cooked through, 3-4 minutes each
   side (depending on thickness).
- Remove pan from heat, add **BBQ sauce** and the **honey**. Turn **pork** to coat.

**Custom Recipe:** Cook pork loin steaks in batches for the best results, returning all pork to the pan before adding the BBQ sauce and the honey.



### Get prepped

- While the potato is cooking, finely chop garlic.
- In a medium bowl, combine Aussie spice blend and a drizzle of olive oil.
   Add pork loin steaks, then turn to coat.

**Custom Recipe:** If you've doubled your pork loin steaks, combine with spice blend as above.



# Serve up

- Slice pork steaks.
- Divide sticky honey BBQ pork steaks, creamy mash and veggies between plates.
- Spoon any remaining sauce from the pan over the pork and mash to serve.
   Enjoy!