



Quick Sticky Honey BBQ Pork Steaks

with Creamy Mash & Veggies

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Garlic



Aussie Spice Blend



Pork Loin Steaks



Broccoli & Carrot Mix



Baby Spinach Leaves



BBQ Sauce



Pork Loin Steaks

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

Carb Smart*
**Custom Recipe is not Carb Smart*

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.

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

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ 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

*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)	514kJ (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.

We're here to help!

Scan here if you have any questions or concerns



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!

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