



Everything But The Chef

hello@hellofresh.com.au

02 81 888 722

WK15  
2015



Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Lemon Rosemary Pork with Balsamic Chickpea Salad

Did you know that pork is safe to be eaten when cooked to an internal temperature of 63°C? Don't be afraid of blushing pork, it'll be lovely and juicy when you slice it up, and everything in your chickpea and broccoli salad will combine beautifully!



Prep: 10 mins

Cook: 20 mins

Total: 30 mins



level 1



lactose free



low-carb



Rosemary



Garlic



Lemon



Pork Steak



Red Onion



Chickpeas



Rocket



Tomato



Broccoli

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	rosemary, leaves chopped
2	4	garlic cloves, peeled & crushed ⊕
1	2	lemon, zested & juiced
1	2	pork steak
1/2	1	red onion, sliced ⊕ <span style="float: right;">A</span>
1 head	2 heads	broccoli, cut into florets
1 tbs	2 tbs	white wine vinegar *
2 tbs	4 tbs	balsamic vinegar *
2 tbs	4 tbs	water *
1/2 tsp	1 tsp	sugar *
1 tin	2 tins	chickpeas, drained & rinsed ⊕
70g	140g	rocket, washed ⊕
2	4	tomatoes, cut into wedges

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2320	Kj
Protein	57.3	g
Fat, total	22.6	g
-saturated	6.5	g
Carbohydrate	24.5	g
-sugars	4.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** For the marinade, mix the **olive oil**, **rosemary**, **garlic**, **lemon juice**, and **zest** in a large bowl. Add **pork**, turn to coat and season well with **salt** and **pepper**. If you have time marinate in the fridge for **30 minutes**.



**2** Heat a large non-stick frying pan over a medium-high heat. Lift the pork out of the marinade, shaking off any excess and place the **red onion** in the marinade, reserving the marinade for later. Cook the pork in the pan for **3-4 minutes** each side or until cooked through. Cover the pork and rest for about 10 minutes, then thinly slice.

**3** Blanch the **broccoli** in a pot of boiling water for **3 minutes** or until bright green. Drain and set aside.



**4** Pour the remainder of the marinade with the red onion into the pan. Cook for **1 minute** over a high heat before adding the **white wine vinegar**, **balsamic vinegar**, and **water**. Bubble down for about **2 minutes** or until the onion has softened a little. Season well with salt, pepper and, **sugar**. Stir through **chickpeas** and continue to cook until the chickpeas have warmed through.

**5** In a large bowl, toss the **rocket** and **tomatoes**. Add the onion and chickpea mix along with the sliced pork and gently toss and divide amongst serving bowls.



**Did you know?** Pork is by far the most widely consumed meat globally.