



Quick Herby Pork & Carrot-Potato Mash

with Basil Pesto & Garden Salad

KID FRIENDLY

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Snacking Tomatoes



Cucumber



Garlic & Herb Seasoning



Pork Loin Steaks



Mixed Salad Leaves



Basil Pesto



Beef Rump

Prep in: 15-25 mins
Ready in: 25-35 mins

Carb Smart

We've teamed juicy pork loin with a garlic and herb seasoning for a recipe you can't go wrong with. Complete with a hearty veggie mash and a crisp salad on the side. This is a fun and nutritious take on your everyday pork steak!

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

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Balsamic)

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 · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
garlic	1 clove	2 cloves
butter*	30g	60g
snacking tomatoes	1 medium packet	2 medium packets
cucumber	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
mixed salad leaves	1 small packet	1 medium packet
vinegar* (white wine or balsamic)	drizzle	drizzle
basil pesto	1 medium packet	2 medium packets
beef rump**	1 medium packet	2 medium packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2670kJ (638Cal)	527kJ (125Cal)
Protein (g)	34g	6.7g
Fat, total (g)	44.6g	8.8g
- saturated (g)	15.3g	3g
Carbohydrate (g)	24.5g	4.8g
- sugars (g)	8.5g	1.7g
Sodium (mg)	1092mg	215mg
Dietary Fibre (g)	8.8g	1.7g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (567Cal)	469kJ (112Cal)
Protein (g)	37.1g	7.3g
Fat, total (g)	35.6g	7g
- saturated (g)	11.7g	2.3g
Carbohydrate (g)	23.5g	4.6g
- sugars (g)	8g	1.6g
Sodium (mg)	721mg	142mg
Dietary Fibre	8.8g	1.7g

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



1



Make the carrot-potato mash

- Bring a medium saucepan of salted water to the boil.
- Peel **potato** and **carrot** and cut into small chunks. Finely chop **garlic**.
- Cook **potato** and **carrot** in the boiling water until easily pierced with a fork, **10-15 minutes**. Drain **veggies**, then transfer to a bowl.
- Return saucepan to medium-high heat with a drizzle of **olive oil**. Cook **garlic** until fragrant, **1 minute**. Remove from heat. Return **veggies** to saucepan, then add the **butter** and a pinch of **salt**. Mash until smooth and cover to keep warm.

3



Cook the pork & toss the salad

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate. Cover, then set aside to rest for **5 minutes**.
- Meanwhile, combine **mixed salad leaves**, **tomato**, **cucumber** and a drizzle of **vinegar** and **olive oil** in a second medium bowl. Season to taste.

Custom Recipe: Heat a drizzle of olive oil in a frying pan over high heat.

When oil is hot, cook beef, turning, for 5-6 minutes, or to your liking. Transfer to a plate to rest for 5 minutes (it will keep cooking as it rests!).

2



Get prepped

- While veggies are cooking, roughly chop **snacking tomatoes** and **cucumber**. Set aside.
- In a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **pork loin steaks**, turning to coat.

Custom Recipe: If you've upgraded to beef rump, place beef between two sheets of baking paper. Pound with a meat mallet or rolling pin until slightly flattened. Add to the bowl with the seasoning, as above. Turn to coat.

4



Serve up

- Slice the pork.
- Divide herby pork, carrot-potato mash and garden salad between plates.
- Spoon **basil pesto** over pork to serve. Enjoy!

Custom Recipe: Slice beef, then serve as above.

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate