



BBQ PORK & CHEESY FRIES

with Pan-Fried Greens



Make loaded fries



Potato



Shredded Cheddar Cheese



Broccoli



Green Beans



Zucchini



Spring Onion



Pork Loin Steaks



BBQ Sauce



Sour Cream

Hands-on: 15 mins
Ready in: 30 mins

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Take our word for it: there's no turning back once you've tried this BBQ pork. Serve it with tender greens plus cheesy fries topped with sour cream and spring onion for a simple meal that's all kinds of wonderful.

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
• **two oven trays** lined with **baking paper** • **large frying pan**



1 BAKE THE FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **potato** on two oven trays lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **25-30 minutes**. In the last **8 minutes** of cook time, scatter the **shredded Cheddar cheese** over the fries, then return to the oven and bake until melted and golden.



2 GET PREPPED

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Trim the **green beans**. Slice the **zucchini** into 1cm batons. Thinly slice the **spring onion**.



3 COOK THE GREENS

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Add the **broccoli** and then a **splash** of **water**. Cook until starting to soften, **3 minutes**. Add the **green beans** and **zucchini** and cook until just tender, **4-5 minutes**. Season with a pinch of **salt** and **pepper**, then transfer to a bowl and cover to keep warm.



4 COOK THE PORK

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Season the **pork loin steaks** with **salt** and **pepper** on both sides and add to the hot pan. Cook until golden and cooked through, **3-4 minutes** each side.



5 ADD THE BBQ SAUCE

Remove the pan from the heat and add the **BBQ sauce**. Turn to coat the **pork steaks** in the sauce.



6 SERVE UP

Divide the fries, BBQ pork and greens between plates. Top the fries with a dollop of **sour cream** and sprinkle with spring onion.

ENJOY!

4-5 PEOPLE INGREDIENTS

| | 4-5P |
|-------------------------|-----------------|
| olive oil* | refer to method |
| potato | 3 |
| shredded Cheddar cheese | 1 packet (50g) |
| broccoli | 1 head |
| green beans | 1 bag (200g) |
| zucchini | 1 |
| spring onion | 1 bunch |
| pork loin steaks | 1 packet |
| BBQ sauce | 1 tub (40g) |
| sour cream | 1 packet (100g) |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|---------------|
| Energy (kJ) | 1980kJ (474Cal) | 327kJ (78Cal) |
| Protein (g) | 52.8g | 8.7g |
| Fat, total (g) | 12.0g | 2.0g |
| - saturated (g) | 6.6g | 1.1g |
| Carbohydrate (g) | 33.6g | 5.5g |
| - sugars (g) | 8.2g | 1.4g |
| Sodium (g) | 332mg | 55mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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