



GREEK PORK & CRUSHED LEMON POTATOES

with Herbed Yoghurt Sauce



Add lemon pepper to pork loin



Potato



Garlic



Oregano



Cucumber



Tomato



Lemon



Pork Loin Steaks



Chicken Stock



Lemon Pepper Spice Blend



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Greek Yoghurt

Hands-on: **35 mins**
Ready in: **35 mins**

Naturally gluten-free
Not suitable for Coeliacs

These lemony, buttery potatoes were eaten by the bowlful in our test kitchen – there’s something unique and comforting about the combination of fluffy spuds coated in all that flavour. On the side of a herby pork mixture plus a crisp green salad, this hearty meal tastes like a deconstructed pork souvlaki – or even better!

Pantry Staples: Olive Oil, Butter, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **medium saucepan** with a **lid** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of lightly salted water to the boil. Cut the **potato** (unpeeled) into 2cm chunks. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Finely chop the **garlic** (or use a garlic press). Pick and finely chop the **oregano** leaves. Roughly chop the **cucumber** and **tomato**. Zest the **lemon** to get a **generous pinch**, then juice to get **1 tbs**. Cut the **pork loin steak** into 2cm chunks.

2 COOK THE POTATO

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **12-15 minutes**. Drain. Return the saucepan to a medium-high heat, add the **butter** and **1/2 the garlic** and cook, stirring, until fragrant, **1 minute**. Add the **lemon juice**, **lemon zest**, crumbled **chicken stock** cubes and the **water** and bring to the boil. Remove from the heat, add the **potato** and toss to coat. Lightly crush the **potato** with a potato masher or fork. Cover to keep warm.

3 FLAVOUR THE PORK

While the potato is cooking, combine the **pork**, **lemon pepper spice blend**, **oregano**, the **salt**, the **remaining garlic** and a **drizzle of olive oil** in a medium bowl.



4 COOK THE PORK

Heat a large frying pan over a high heat. When the pan is hot, add the **pork** and cook, tossing, until browned and cooked through, **3-4 minutes**. Transfer to a plate to rest. **TIP:** *If the pan is getting a little crowded, cook in batches for best results!*

5 DRESS THE SALAD

In a large bowl, combine the **vinegar** with **1 tbs olive oil** and a **pinch** of **salt** and **pepper**. Add the **mixed salad leaves**, **cucumber** and **tomato** and toss to combine. **TIP:** *Toss the salad just before serving to keep the leaves crisp.* In a medium bowl, combine the **dill & parsley mayonnaise**, **Greek yoghurt** and a **generous pinch** of **salt** and **pepper**. Mix well to combine.

6 SERVE UP

Divide the Greek pork, salad and crushed lemon potato between plates. Spoon any resting juices over the pork. Drizzle the pork with some of the herbed yoghurt sauce and serve the remainder on the side.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
garlic	5 cloves
oregano	2 bunches
cucumber	1
tomato	1
lemon	1
pork loin steak	1 packet
butter*	50 g
chicken stock	2 cubes
water*	2 tbs
lemon pepper spice blend	2 sachets
salt*	¼ tsp
vinegar* (white wine or red wine)	2 tsp
mixed salad leaves	1 bag (120 g)
dill & parsley mayonnaise	1 tub (100 g)
Greek yoghurt	1 packet (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2630kJ (628Cal)	504kJ (120Cal)
Protein (g)	43.8g	8.4g
Fat, total (g)	33.9g	6.5g
- saturated (g)	10.3g	2.0g
Carbohydrate (g)	35.1g	6.7g
- sugars (g)	6.0g	1.1g
Sodium (g)	541mg	104mg

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

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

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

Hello@HelloFresh.com.au

2019 | WK40

HelloFRESH