



HONEY-THYME GLAZED PORK

with Hasselback Potatoes & Greens



Master
hasselback potatoes



Chat Potatoes



Broccoli



Pork Loin



Thyme



Zucchini

Hands-on: **30 mins**
Ready in: **45mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Ain't life a lot like good food? It's always a balance between the sweet and the savoury. We've walked the tightrope with this delicate blend of succulent pork with honey and thyme, hasselback potatoes and greens. Take a bite into this slice of life!

Pantry Staples: Olive Oil, Butter, Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium saucepan, colander, wooden spoon, oven tray lined with baking paper, large frying pan, tongs, plate** and **aluminium foil**.



1 COOK THE POTATOES

Bring a medium saucepan of water to the boil. Preheat oven to **240°/220°C fan-forced**. Place the **chat potatoes** (unpeeled) in the saucepan of boiling water and cook for **10 minutes**. Drain and run under cold water until cool enough to handle. Place **1 potato** in between two wooden spoon handles. Make slices crossways at 3 mm intervals, making sure not to cut the whole way through. Repeat with the remaining potatoes. Arrange on an oven tray lined with baking paper. Season with a **generous pinch** of **salt** and **pepper** and **drizzle** with **olive oil**. Place in the oven to cook for **25-30 minutes**, or until tender.



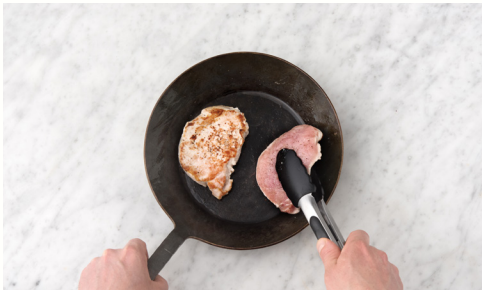
2 GET PREPPED

While the potatoes are cooking, cut the **broccoli** into 2 cm florets and dice the stem into 1 cm pieces. Chop the **zucchini** into 2 cm chunks. Pick the **thyme** leaves until you have **2 tsp for 2 people / 1 tbs for 4 people**.



3 COOK THE GREENS

Heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **broccoli stem** and **florets** and cook for **5-6 minutes**, or until tender. **TIP:** Add a **dash** of **water** to the pan to speed up the cooking process. Add the **zucchini** and continue cooking for **3-4 minutes**, or until tender. Season with a **pinch** of **salt** and **pepper**. Set aside on a plate and cover with foil to keep warm.



4 COOK THE PORK STEAKS

Heat another **drizzle** of **olive oil** in the same frying pan over a medium-high heat. Season the **pork loin** steaks with a **pinch** of **salt** and **pepper** on both sides, and cook for **2-3 minutes** on each side (**depending on thickness**), or until cooked through.

TIP: It's okay to serve pork slightly blushing in the centre.



5 BASTE THE PORK STEAKS

Reduce the heat to medium-low and add the **honey, thyme** and **butter** to the pan and spoon over the pork for a further **2-3 minutes**, or until the sauce begins to thicken. Transfer the pork to the plate with the greens and cover with foil. Continue cooking the **honey-thyme sauce** for a further **1 minute**, or until syrupy and caramelised.



6 SERVE UP

Divide the golden hasselback potatoes, greens and honey-thyme pork steaks between plates. Drizzle with the remaining honey-thyme sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
chat potatoes	1 bag	1 bag
broccoli	1 head	2 heads
zucchini	1	2
thyme	1 bunch	1 bunch
pork loin	1 packet	1 packet
honey*	1 tbs	2 tbs
butter*	40 g	80 g

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (546Cal)	338kJ (81Cal)
Protein (g)	50.1g	7.4g
Fat, total (g)	16.0g	2.4g
- saturated (g)	9.0g	1.3g
Carbohydrate (g)	44.2g	6.5g
- sugars (g)	12.4g	1.8g
Sodium (g)	162mg	24mg

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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