



Honey & Thyme Glazed Pork

with Cheesy-Mashed Potatoes & Garlic Veggies

Grab your Meal Kit with this symbol



Potato



Broccoli



Zucchini



Garlic



Thyme



Slivered Almonds



Pork Loin Steaks



Shaved Parmesan Cheese

Hands-on: **20-30 mins**
Ready in: **30-40 mins**

Naturally gluten-free
Not suitable for Coeliacs

The only thing better than mashed potatoes is mashed potatoes plus cheese! This hearty side becomes rich and creamy with the addition of flavoursome Parmesan. Add succulent pork loin steaks and crisp veggies and this dinner will get five stars!

Pantry items

Olive Oil, Honey, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
zucchini	1	2
garlic	1 clove	2 cloves
thyme	1 bunch	1 bunch
slivered almonds	1 packet	2 packets
pork loin steaks	1 small packet	1 large packet
honey*	3 tsp	1½ tbs
butter*	50g	100g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
shaved Parmesan cheese	1 packet (30g)	2 packets (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3292kJ (786Cal)	443kJ (105Cal)
Protein (g)	59.2g	8g
Fat, total (g)	41.8g	5.6g
- saturated (g)	18.5g	2.5g
Carbohydrate (g)	37g	5g
- sugars (g)	12.3g	1.7g
Sodium (mg)	613mg	82mg

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.



1. Get prepped

Bring a medium saucepan of salted water to the boil. Peel and cut the **potato** into 2cm chunks. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



2. Cook the potato

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain, return to the saucepan and cover with a lid to keep warm.



3. Cook the veggies

While the potato is cooking, heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast until golden, **3-4 minutes**. Transfer to a medium bowl. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **broccoli** and a **splash of water** and cook until starting to soften, **3 minutes**. Add the **zucchini** and cook until just tender, **3 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper** then transfer to the bowl with the **almonds** 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 both sides of the **pork loin steaks** with **salt** and **pepper**. When the oil is hot, add the **pork steaks** and cook until just cooked through, **3-4 minutes** on each side (depending on thickness). Transfer to a plate to rest. Return the frying pan to a low heat with **1/2** the **butter** and a **drizzle of olive oil**. Once melted, add the **honey**, a **splash of water** and **thyme** and cook, stirring occasionally, until thickened and caramelised, **1-2 minutes**. Pour the **honey and thyme sauce** over the resting **pork**.



5. Mash the potato

While the pork is resting, add the **milk**, the **salt** and the **remaining butter** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth. Stir through the **shaved Parmesan cheese**.



6. Serve up

Divide the cheesy-mashed potatoes, garlic veggies and honey and thyme pork between plates.

Enjoy!