



Quick Spiced Pork & Basil Pesto

with Carrot-Potato Mash & Salad

Grab your Meal Kit
with this symbol



Potato



Carrot



Garlic



Tomato



Cucumber



Garlic & Herb
Seasoning



Pork Loin
Steaks



Mixed Leaves

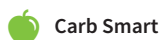


Basil Pesto



Beef
Rump

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



Carb Smart

Naturally Gluten-Free
Not suitable for coeliacs

Our garlic and herb seasoning and a dollop of boldly flavoured basil pesto is all you need to upgrade tonight's juicy pork steaks. Serve with a carrot-spiked mash and simple salad to keep the carbs in check.



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

Pantry items

Olive Oil, Butter, White Wine Vinegar

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 with a lid · 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*	40g	80g
tomato	1	2
cucumber	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
mixed leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
basil pesto	1 packet (50g)	1 packet (100g)
beef rump**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645Cal)	506kJ (120Cal)
Protein (g)	42.3g	7.9g
Fat, total (g)	39.9g	7.5g
- saturated (g)	14.2g	2.7g
Carbohydrate (g)	27.1g	5.1g
- sugars (g)	11.4g	2.1g
Sodium (mg)	747mg	140mg
Dietary Fibre	9.8g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2608kJ (623Cal)	489kJ (116Cal)
Protein (g)	37.9g	7.1g
Fat, total (g)	39.4g	7.4g
- saturated (g)	14.1g	2.6g
Carbohydrate (g)	27.1g	5.1g
- sugars (g)	11.2g	2.1g
Sodium (mg)	750mg	141mg
Dietary Fibre	9.8g	1.8g

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2022 | CW17

1



Make the 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.

TIP: Save time and get more fibre by leaving the potato unpeeled!

3



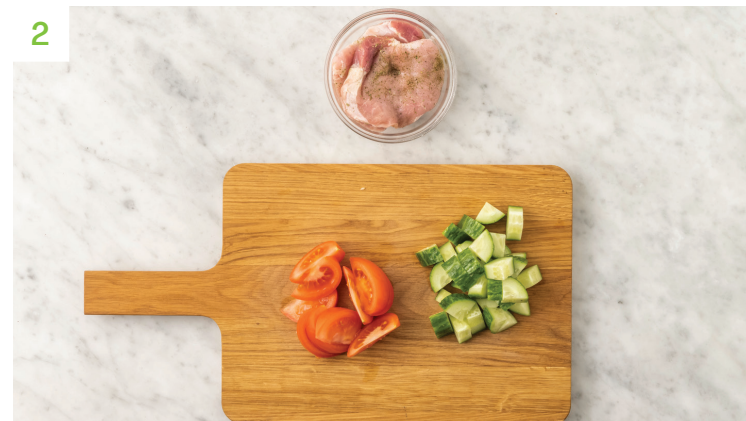
Cook the pork & toss the salad

- 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 leaves**, **tomato**, **cucumber** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

CUSTOM RECIPE

Heat a drizzle of olive oil in the 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, cut **tomato** into thin wedges. Roughly chop **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 spiced pork.
- Divide pork, carrot-potato mash and salad between plates.
- Spoon **basil pesto** over pork to serve.

CUSTOM RECIPE

Slice beef, then serve as above.

Enjoy!