



Quick Spiced Pork & Mustard Mayo

with Broccoli, Mash & Almonds

Grab your Meal Kit with this symbol



Potato



Broccoli



Aussie Spice Blend



Pork Loin Steaks



Chicken-Style Stock Powder



Roasted Almonds



Mustard Mayo

Hands-on: **15-25 mins**
 Ready in: **20-30 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Calorie Smart

Perk up juicy pork steaks with our crowd-pleasing Aussie spice blend, which creates a lovely char in the pan. Top with mustard mayo for creaminess and tang, and to bring the elements of the dish together.

Pantry items

Olive Oil, 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 with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
Aussie spice blend	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
butter*	15g	30g
milk*	2 tbs	¼ cup
chicken-style stock powder	1 medium sachet	1 large sachet
roasted almonds	1 medium packet	1 large packet
mustard mayo	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647Cal)	456kJ (109Cal)
Protein (g)	53.8g	9.1g
Fat, total (g)	31.8g	5.4g
- saturated (g)	6.7g	1.1g
Carbohydrate (g)	32.8g	5.5g
- sugars (g)	5.8g	1g
Sodium (mg)	1233mg	208mg

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.

1



Cook the veggies

- Boil the kettle. Half fill a medium saucepan with the **boiling water**, then bring to the boil.
- Peel **potato** and cut into large chunks. Cut **broccoli** into small florets and roughly chop stalk.
- Cook **potato** in the boiling water until easily pierced with a knife, **12-15 minutes**.
- When potato has **5 minutes** remaining, place a colander on top of saucepan and add **broccoli**. Cover with a lid and steam until tender, **5 minutes**. Transfer to a bowl, season with **salt** and **pepper** and cover to keep warm.

3



Cook the pork

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate and cover to keep warm. Set aside to rest for **5 minutes**.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!

TIP: Pork can be served slightly blushing pink in the centre.

2



Get prepped

- While potato is cooking, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Season, then add **pork loin steaks**, turning to coat.
- Drain **potato** and return to pan. Add the **butter**, **milk** and **chicken-style stock powder**. Season generously with **salt**. Mash until smooth. Cover to keep warm.

4



Serve up

- Roughly chop **roasted almonds**.
- Slice spiced pork steaks.
- Divide pork, mash and broccoli between plates. Top pork with **mustard mayo**.
- Sprinkle with almonds to serve.

Enjoy!