



BBQ Pork & Cheesy Fries

with Pan-Fried Greens



Grab your Meal Kit
with this symbol



Potato



Shredded Cheddar
Cheese



Broccoli



Green Beans



Chives



Pork Loin
Steaks



BBQ Sauce



Sour Cream

- Hands-on: 15 mins
- Ready in: 35 mins
- Low Calorie

Take our word for it: there's no turning back once you've tried this BBQ pork. Serve it with tender greens plus cheesy fries topped with sour cream and chives for a quick and easy meal that's all kinds of wonderful.

Pantry items

Olive Oil

Before you start

Our fruit and veggies need a little wash first!

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	4 People
olive oil*	refer to method
potato	4
shredded Cheddar cheese	1 packet (50g)
broccoli	1 head
green beans	1 bag (300g)
chives	1 bunch
pork loin steaks	2 packets
BBQ sauce	1 packet (40g)
sour cream	1 packet (100g)

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1980kJ (473Cal)	350kJ (84Cal)
Protein (g)	50.4g	8.9g
Fat, total (g)	11.7g	2.1g
- saturated (g)	6.5g	1.2g
Carbohydrate (g)	36.7g	6.5g
- sugars (g)	7.2g	1.3g
Sodium (g)	327mg	58mg

Allergens

For allergens and ingredient information, visit

HelloFresh.co.nz/recipes



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the **potato** on an oven tray lined with baking paper. **Drizzle with olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Bake until tender, **25-30 minutes**. In the last **8 minutes** of cook time, sprinkle the **shredded Cheddar cheese** over the fries, then return to the oven and bake until the cheese is melted and golden.



2. Get prepped

While the fries are baking, cut the **broccoli** into small florets, then roughly chop the stalk. Trim the **green beans**. Thinly slice the **chives**.



3. Cook the greens

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **broccoli** and then a **splash of water**. Cook until starting to soften, **3 minutes**. Add the **green beans** and cook until just tender, **4-5 minutes**. Season with a **pinch of salt** and **pepper**, then transfer to a bowl and cover to keep warm.



4. Cook the pork

Return the pan to a medium-high heat with a **drizzle of olive oil**. Season the **pork loin steaks** with **salt** and **pepper** on both sides and add to the pan. Cook until golden and cooked through, **3-4 minutes** each side.



5. Add the BBQ sauce

Remove the pan from the heat and add the **BBQ sauce**. Turn to coat the pork in the sauce.

6. Serve up

Divide the cheesy fries, BBQ pork and greens between plates. Top the fries with the **sour cream** and garnish with the **chives**.

Enjoy!