



Crumbed Pork Dippers & Rosemary Wedges

with Garden Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Rosemary



Tomato



Pork Loin Steaks



Sweet Mustard Spice Blend



Panko Breadcrumbs



Mixed Salad Leaves



Garlic Aioli

Hands-on: **45-55 mins**
Ready in: **45-55 mins**

Pack your plates with this family-friendly delight, featuring golden crumbed pieces of pork, subtly herby potato wedges, a rich garlic aioli for dipping and a fresh garden salad to wrap it all up!

Pantry items

Olive Oil, Honey, Vinegar (White Wine or Balsamic), Plain Flour, Egg

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
rosemary	½ bunch	1 bunch
tomato	2	4
pork loin steaks	1 packet	1 packet
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	½ tbs	1 tbs
salt*	½ tsp	1 tsp
sweet mustard spice blend	1 sachet	1 sachet
plain flour*	1 tsp	2 tsp
egg*	1	2
panko breadcrumbs	1 packet	1 packet
mixed salad leaves	1 bag (60g)	1 bag (120g)
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2939kJ (702Cal)	502kJ (119Cal)
Protein (g)	50.4g	8.6g
Fat, total (g)	29.6g	5.1g
- saturated (g)	4.2g	0.7g
Carbohydrate (g)	55.6g	9.5g
- sugars (g)	8.4g	1.4g
Sodium (mg)	1218mg	208mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** (unpeeled) into 1cm-thick wedges. Pick and finely chop the **rosemary** leaves (see ingredients). Place the **potato** and **rosemary** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and bake until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the wedges are baking, roughly chop the **tomato**. Slice the **pork loin steaks** into 2cm strips.



Prep the dressing

In a large bowl, combine the **honey**, **vinegar** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Set aside.



Crumb the pork

In a shallow bowl, combine the **salt**, **sweet mustard spice blend** and **plain flour**, then season with **pepper**. In a second shallow bowl, whisk the **egg**. In a third shallow bowl, place the **panko breadcrumbs**. Dip a handful of the **pork strips** into the **flour mixture**, followed by the **egg** and finally into the **panko breadcrumbs**. Transfer to a plate.



Cook the pork

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook the **pork**, in batches, turning, until golden and cooked through, **4-5 minutes**. Transfer to a plate lined with paper towel. Meanwhile, add the **mixed salad leaves** and **tomato** to the **dressing**. Toss to combine.

TIP: Add extra oil between batches, if needed, so the pork doesn't stick to the pan.



Serve up

Divide the crumbed pork dippers, rosemary wedges and garden salad between plates. Serve with the **garlic aioli**.

Enjoy!