



# HONEY & THYME GLAZED PORK

with Cheesy-Mashed Potatoes & Garlic Veggies



Make cheesy  
mashed potatoes



Potato



Carrot



Green Beans



Zucchini



Garlic



Thyme



Slivered Almonds



Pork Loin Steaks



Grated Parmesan Cheese

**Pantry Staples:** Olive Oil, Honey, Butter, Milk

Hands-on: **20 mins**  
Ready in: **35 mins**  
Naturally gluten-free  
*Not suitable for Coeliacs*

The only thing better than mashed potatoes is mashed potatoes plus cheese! This hearty side becomes creamy, rich and extra warming with the addition of flavoursome Parmesan. Add sweet and herby pork loin steaks and crisp, nutty veggies and this family friendly dinner plate will get five stars!

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:  
• **large saucepan** • **large frying pan**



## 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel and cut the **potato** into 2cm chunks. Thinly slice the **carrot** (unpeeled). Trim the **green beans**. Thinly slice the **zucchini** into half-moons. Finely chop the **garlic** (or use a garlic press). Pick the **thyme** leaves.



## 2 COOK THE POTATOES

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 VEG

While the potatoes are 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 large bowl. Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **carrot** and cook until beginning to soften, **2-3 minutes**. Add the **green beans** and **zucchini** and cook until just tender, **3-4 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 STEAKS

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**. Once the oil is hot, add the pork and cook until just cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate to rest. Return the pan to a medium heat with **50g butter** and a **drizzle of olive oil**. Once melted, add the **honey** and **thyme** and cook, stirring, until thickened and caramelised, **1-2 minutes**. Pour over the pork.



## 5 MASH THE POTATOES

While the pork is resting, add the **grated Parmesan cheese**, **milk**, the **salt** and the **50g butter** to the saucepan with the potatoes. Mash with a potato masher or fork until smooth.



## 6 SERVE UP

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

**TIP:** For kids, follow our serving suggestion in the main photo!

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	2
green beans	1 bag (200 g)
zucchini	2
garlic	2 cloves
thyme	1 bunch
slivered almonds	2 packets
pork loin steaks	1 packet
honey*	1½ tbs
butter*	100 g
grated Parmesan cheese	2 packets (60 g)
milk*	½ cup
salt*	½ tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2960kJ (708Cal)	530kJ (127Cal)
Protein (g)	52.0g	9.3g
Fat, total (g)	34.7g	6.2g
- saturated (g)	17.8g	3.2g
Carbohydrate (g)	39.7g	7.1g
- sugars (g)	13.6g	2.4g
Sodium (g)	619mg	111mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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