



Easy Spiced Pork Steak & Hollandaise

with Cauliflower Mash & Steamed Greens

Grab your Meal Kit with this symbol



Potato



Cauliflower



Baby Broccoli



Green Beans



Pork Loin Steaks



Aussie Spice Blend



Hollandaise



Roasted Almonds



Chicken-Style Stock Powder

Hands-on: **15-25 mins**
Ready in: **20-30 mins**

Carb Smart

A hot contender for 'best new accompaniment', the ready-made Hollandaise in this dish really takes it to the next level. We're serving it with mouth-watering spiced pork steaks, smooth cauliflower mash and nourishing steamed greens.

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	1	2
cauliflower	1 portion (200g)	1 portion (400g)
baby broccoli	1 bag	1 bag
green beans	1 bag (100g)	1 bag (200g)
pork loin steaks	1 packet	1 packet
butter*	40g	80g
milk*	2 tbs	¼ cup
Aussie spice blend	1 sachet	1 sachet
Hollandaise	1 medium packet	2 medium packets
roasted almonds	1 packet	2 packets
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2535kJ (606Cal)	443kJ (106Cal)
Protein (g)	48.5g	8.5g
Fat, total (g)	32g	5.6g
- saturated (g)	12.9g	2.3g
Carbohydrate (g)	28.7g	5g
- sugars (g)	13.3g	2.3g
Sodium (mg)	1341mg	234mg
Dietary Fibre (g)	8.4g	1.5g

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.

1



Cook the veggies

- Boil the kettle.
- Peel **potato** and cut into large chunks. Cut **cauliflower** into small florets. Trim **baby broccoli** and **green beans**. Half-fill a medium saucepan with boiling water and bring to the boil over a high heat.
- Cook **potato** and **cauliflower** in boiling water until easily pierced with a fork, **12-15 minutes**.
- When the veggies have **5 minutes** cook time remaining, place a colander or steamer basket on top of the saucepan, then add **baby broccoli** and **green beans**. Cover with a lid and steam until tender. Transfer **greens** to a bowl and season with **salt** and **pepper**. 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** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.

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

2



Flavour the pork & make the mash

- Meanwhile, combine **Aussie spice blend** and a drizzle of **olive oil** in a medium bowl. Add **pork loin steaks**, season and turn to coat.
- Drain **potato** and **cauliflower** and return to saucepan with the **butter**, **milk**, **chicken-style stock powder** and a pinch of **pepper**. Mash until smooth. Cover to keep warm.

4



Serve up

- Slice spiced pork steaks.
- Divide cauliflower mash, steamed greens and pork between plates.
- Top pork with **Hollandaise**.
- Sprinkle over **roasted almonds** (roughly chop if you prefer) to serve.

Enjoy!