

# Seared Paprika Pork & Apricot Glaze

with Mashed Potato & Green Bean Salad

PREPPED INGREDIENTS

Grab your meal kit with this number

43



Chopped Potato



Paprika Spice Blend



Pork Loin Steaks



Apricot Sauce



Green Beans



Baby Spinach Leaves



Pork Loin Steaks



Beef Rump

Prep in: **10-20 mins**  
Ready in: **20-30 mins**

Tonight's dinner is sure to be a winner, featuring perfectly seared pork steaks generously coated in a sticky apricot glaze for a touch of sweet fruitiness. We're pairing this with fluffy mashed potato and a light, vibrant side of green beans and baby spinach leaves. It's a satisfying dinner that's bursting with colour and flavour!

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
chopped potato	1 medium packet	1 large packet
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbsp	4 tbsp
paprika spice blend	1 sachet	2 sachets
pork loin steaks	300g	600g
apricot sauce	1 medium packet	1 large packet
green beans	1 small packet	1 medium packet
baby spinach leaves	1 medium packet	2 medium packets
<b>vinegar*</b> (balsamic or white wine)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1830kJ (437Cal)	400kJ (96Cal)
Protein (g)	40.9g	8.9g
Fat, total (g)	24g	5.3g
- saturated (g)	13g	2.8g
Carbohydrate (g)	44.4g	9.7g
- sugars (g)	7.3g	1.6g
Sodium (mg)	424mg	93mg
Dietary Fibre (g)	3.5g	0.8g

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

1



## Make the mash

- Boil the kettle.
- Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **chopped potato** in the boiling water over high heat, until easily pierced with a fork, **8-10 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to potato and season with **salt**. Mash until smooth. Cover to keep warm.

3



## Steam the green beans

- While the pork is cooking, trim **green beans**.
- Add **green beans** and a splash of **water** to a microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**. Drain **green beans** and allow to cool slightly.

2



## Cook the pork

- Meanwhile, in a medium bowl, combine **paprika spice blend**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.
- Add **pork loin steaks** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over 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).
- Remove pan from heat, then add **apricot sauce** and a splash of **water**, turning **pork** to coat.
- Transfer to a plate, spoon over any remaining **glaze** from the pan, cover and rest for **5 minutes**.

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

4



## Finish & serve

- In a large bowl, combine **baby spinach leaves** and cooled green beans with a drizzle of olive oil and **vinegar**. Season to taste with salt and pepper.
- Slice pork.
- Divide mashed potato, seared paprika pork and green bean salad between plates. Spoon any remaining apricot glaze over pork to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2026 | CW04



### CUSTOM OPTIONS



#### PORK LOIN STEAKS:

Follow method above, cooking in batches if necessary.



#### BEEF RUMP:

Cook for 4-5 minutes each side for medium-rare. Rest, then slice before serving. Continue with recipe.

SCAN CODE FOR  
FULL STEPS AND  
NUTRITION INFO

