



Onion Chutney-Glazed Pork with Cheesy Baked Cauliflower & Mixed Salad

Grab your Meal Kit
with this symbol



Carrot



Tomato



Garlic



Cauliflower



Grated Parmesan
Cheese



Garlic & Herb
Seasoning



Pork Loin
Steaks



Onion Chutney



Mixed Salad
Leaves

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

Carb Smart

We've elevated a classic dish by giving our succulent pork steaks a coat of our tasty garlic-herb spice blend, then topping them off with sweet onion chutney. Add moreish baked cauliflower with melted Parmesan and a crisp salad to make it a colourful and low-carb affair!

Pantry items

Olive Oil, Butter, Plain Flour, Milk,
Balsamic Vinegar

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 · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	½	1
tomato	1	2
garlic	3 cloves	6 cloves
cauliflower	1 portion (200g)	1 portion (400g)
butter*	40g	80g
plain flour*	1 tbs	2 tbs
milk*	¾ cup	1½ cups
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
onion chutney	1 packet (40g)	1 packet (80g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
balsamic vinegar*	drizzle	drizzle

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2204kJ (527Cal)	424kJ (101Cal)
Protein (g)	48.1g	9.3g
Fat, total (g)	24g	4.6g
- saturated (g)	14.6g	2.8g
Carbohydrate (g)	28.6g	5.5g
- sugars (g)	18.9g	3.6g
Sodium (mg)	902mg	174mg
Dietary Fibre (g)	3.6g	0.7g

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Grate the **carrot** (see ingredients). Roughly chop the **tomato**. Finely chop the **garlic**. Cut the **cauliflower** into small florets. Cook the **cauliflower** in the boiling water until just tender, **3-4 minutes**. Drain and return to the saucepan.



Cook the pork

In a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat. Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Remove from the heat, then add the **onion chutney** and a splash of **water**. Turn the **pork** to coat. Transfer to a plate, cover and rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.



Make the creamy sauce

Heat a large frying pan over a medium heat. Cook the **butter** and **garlic** until fragrant, **1 minute**. Add the **plain flour** and cook, stirring, until a thick paste forms, **2 minutes**. Remove the pan from the heat, then slowly whisk in the **milk** until smooth. Season to taste.



Toss the salad

While the pork is cooking, combine the **mixed salad leaves**, **carrot**, **tomato**, a pinch of **salt** and a drizzle of **olive oil** and **balsamic vinegar** in a large bowl.



Bake the cheesy cauliflower

Transfer the **cauliflower** to a baking dish and pour over the **creamy sauce**. Sprinkle over the **grated Parmesan cheese**, then bake until golden and bubbling, **8-10 minutes**.



Serve up

Slice the onion chutney-glazed pork. Divide the cheesy baked cauliflower, mixed salad and the pork between plates. Spoon over any resting pork juices and remaining glaze from the pan to serve.

Enjoy!