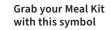


Onion Chutney-Glazed Pork with Cheesy Baked Cauliflower & Mixed Salad



















Grated Parmesan



Garlic & Herb

Seasoning

Cheese



Pork Loin Steaks



Onion Chutney



Mixed Salad Leaves







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	1/2	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.



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.



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**.



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.



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.



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!