



Pork & Creamy Garlic-Chive Sauce

with Parmesan Fries

Grab your Meal Kit
with this symbol



Potato



Grated Parmesan
Cheese



Broccoli



Carrot



Garlic



Chives



Pork Loin
Steaks



Longlife Cream



Chicken-Style
Stock Powder



Pork Loin
Steaks



Hands-on: **30-40 mins**
Ready in: **35-45 mins**

We're not going to lie – this creamy sauce is so good you'll want to slather it over everything! Here, we've teamed it with tender pork loin steaks, pan-fried veggies and moreish Parmesan fries.



CUSTOM RECIPE

If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
broccoli	1 head	2 heads
carrot	1	2
garlic	2 cloves	4 cloves
chives	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
butter*	15g	30g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet	1 sachet
pork loin steaks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3140kJ (750Cal)	461kJ (110Cal)
Protein (g)	53.8g	7.9g
Fat, total (g)	41.2g	6g
- saturated (g)	23.2g	3.4g
Carbohydrate (g)	37.3g	5.5g
- sugars (g)	8.1g	1.2g
Sodium (mg)	554mg	81mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3900kJ (931Cal)	482kJ (115Cal)
Protein (g)	90.7g	11.2g
Fat, total (g)	45.9g	5.7g
- saturated (g)	26.1g	3.2g
Carbohydrate (g)	33.3g	4.1g
- sugars (g)	7.4g	0.9g
Sodium (mg)	386mg	48mg

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.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries and place on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **grated Parmesan cheese** over the fries and bake until melted.



Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **broccoli** and **carrot** with a splash of **water**, tossing, until tender, **5-6 minutes**. Transfer to a bowl.



Get prepped

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** into half-moons. Finely chop the **garlic** and **chives**.



Cook the sauce

Return the frying pan to a medium heat with the **butter**. Cook the **garlic** until fragrant, **30 seconds**. Add the **longlife cream** (see ingredients), **chives** and **chicken-style stock powder** (1/2 sachet for 2 people / 1 sachet for 4 people). Season and cook until thickened, **2-3 minutes**. Stir through any **pork resting juices**.



Cook the pork

Season the **pork loin steaks** with **salt** and **pepper**. In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

 **CUSTOM RECIPE**

If you've doubled your pork, cook in batches for best results!



Serve up

Thickly slice the pork. Divide the Parmesan fries, veggies and pork between plates. Pour the creamy garlic-chive sauce over the pork.

Enjoy!