



HERBED PORK STEAK

with Tomato Veggie Rice and Parsley Drizzle



HELLO

Fun Fact



Shallot



Closed Cup Mushrooms



Courgette



Rosemary



Chicken Stock Pot



Pork Loin Steak



Flat Leaf Parsley



Balsamic Vinegar



Tomato Purée



Basmati Rice

MEAL BAG

40 mins

2.5 of your 5 a day

Here's a pretty special dish that requires minimum effort but delivers maximum flavour. Succulently sweet rosemary marinated pork served with Chef André's famous veggie packed rice and parsley drizzle. If that doesn't sound like music to your ears, you must have already eaten! A top tip from our chefs is to rest the pork in foil so the meat relaxes and becomes lovely and juicy.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Mixing Bowl, Large Saucepan** (with a **Lid**), **Frying Pan** and some **Foil**. Now, let's get cooking!



1 PREP THE VEGGIES

Boil your kettle. Halve, peel and thinly slice the **shallot**. Slice the **mushrooms**. Remove the ends from the **courgette**, halve lengthways and chop into 1cm chunks. Pick the **rosemary leaves** from their stalks and roughly chop (discard the stalks). Pour the boiling **water** (see ingredients for amount) into a measuring jug and stir in the **stock pot**.



2 MARINATE THE PORK

Pop the **pork steaks** in a mixing bowl and season with **salt** and **pepper**. Drizzle on some **olive oil** and sprinkle on **half** the **rosemary**. Rub the **rosemary oil** into the **pork** with your fingers and keep to one side. **IMPORTANT:** Remember to wash your hands and equipment after handling raw meat! Finely chop the **parsley** (stalks and all). In a small bowl, mix the **parsley** with the **balsamic vinegar** and **olive oil** (see ingredients for amount). This is your parsley drizzle.



3 START THE RICE

Heat a splash of **oil** in a large saucepan over medium-high heat. Add the **mushrooms** and cook until almost browned, stirring occasionally, 5 mins. Add the **shallot, tomato purée** and remaining **rosemary** and cook for another 2-3 mins, stirring often. Stir in the **basmati rice** and then pour in the **stock**. Bring to a simmer, lower the heat to medium, cover with a lid or foil and leave to cook for 10 mins.



4 ADD THE COURGETTES

Five mins into the **rice** cooking time, add the **courgette** to the pan, quickly replace the lid and continue cooking for another 5 mins. When the **rice** has cooked for 10 mins total, remove from the heat and set aside (still covered) for another 10 mins. **TIP:** The courgette and rice will finish cooking in its own steam.



5 COOK THE PORK

While the rice cooks, heat a frying pan over medium-high heat and when the pan is hot, carefully lay in the **pork steaks**. Brown for 2 mins on each side and then lower the heat to medium. Cook until the **pork** is no longer pink in the middle, another 8 mins, turn every couple of mins. When the **pork** is cooked, remove from the heat and wrap loosely in foil to rest and keep warm.



6 FINISH AND SERVE

To serve, fluff up the **rice** with a fork and season to taste with **salt** and **pepper**. Share between your plates. Slice the **pork steaks** and lay on top. Add any resting juices from the **pork** to the **parsley drizzle** and spoon this over the **pork**. **Enjoy!**

2 PEOPLE INGREDIENTS

Shallot, sliced	1
Closed Cup Mushrooms, sliced	1 punnet
Courgette, chopped	1
Rosemary, chopped	½ bunch
Water*	300ml
Chicken Stock Pot	½
Pork Loin Steak	2
Flat Leaf Parsley	1 bunch
Balsamic Vinegar 14)	1 tbsps
Olive Oil*	3 tbsps
Tomato Purée	30g
Basmati Rice	150g

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 466G	PER 100G
Energy (kcal)	566	121
(kJ)	2366	508
Fat (g)	17	4
Sat. Fat (g)	5	1
Carbohydrate (g)	66	14
Sugars (g)	7	1
Protein (g)	37	8
Salt (g)	1.49	0.32

ALLERGENS

14) Sulphites

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

You made this, now show it off! Share your creations with us:

#HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

Packed in the UK