



PORK STEAK

with Roasted Potatoes and Mangetout & Orange Salad



HELLO GREEN BEANS

The green bean is also known as string bean owing to the string that ran along the side of the pod. It had to be removed prior to cooking- fortunately, a stringless bean was created.



New Potatoes



Provencal Herbs



Green Beans



Chives



Hazelnuts



Orange



Mangetout



Pork Loin Steak



Mayonnaise



Dijon Mustard

MEAL BAG
4

35 mins

1.5 of your
5 a day

Chef Jesse loves trying out interesting ingredient combinations and this recipe is no exception! She's jazzed up a delicious pan fried pork steak and crispy herby potatoes with a side of crunchy greens dressed with orange juice and hazelnuts, and Jesse's special dressing - mayo, orange and her all time favourite ingredient - Dijon mustard. Perfect for an al fresco dinner!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray, Large Saucepan, Fine Grater, Sieve, Large Frying Pan** and some **Foil**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Halve the **new potatoes** (no need to peel), quarter any big ones. Pop onto a large baking tray. Drizzle over a little **oil** then sprinkle on the **Provencal herbs** and a pinch of **salt** and **pepper**. Toss to coat evenly. Roast on the top shelf of the oven until golden and crispy, 25-30 mins. Turn halfway through cooking.



2 PREP THE SALAD

In the meantime, pop a large saucepan of **water** on to boil. Trim the **green beans**, finely chop the **chives** and roughly chop the **hazelnuts**. Zest then halve the **orange**. Add the **green beans** to the pan of boiling **water** and cook for 3 mins. Add the **mangetout** and cook for 1 more minute. Drain the **veggies** in a sieve, then quickly run under cold **water** until no longer hot. **★ TIP:** *This will keep them lovely and crisp!*



3 ASSEMBLE THE SALAD

Tip the **green beans** and **mangetout** into a large bowl. Add the **hazelnuts**, **orange zest** and **chives**. Put the **olive oil** (see ingredients for amount) into a small bowl. Add 1 tbsp of **orange juice** per person and a pinch of **salt** and **pepper**. Stir together well then pour over the **salad**, tossing to coat everything evenly. Set aside.



4 COOK THE PORK

Heat a drizzle of **oil** in a large frying pan on high heat. Season the **pork steaks** with a pinch of **salt** and **pepper**. Lay the **pork** in the pan and brown for 2 mins on each side, then lower the heat to medium and fry cook for another 8 mins. Turn every 2 mins.

! IMPORTANT: *The pork is cooked when it is no longer pink in the middle!* Once cooked, remove from the pan and wrap in foil to rest and keep warm.



5 MAKE THE ORANGE MAYO

While your pork cooks put the **mayonnaise** and **Dijon mustard** into a small bowl. Add 1 tsp **orange juice** per person (add less if you're not a fan of orange!). Mix together well and season to taste with **salt** and **pepper**. Add a little more **orange juice** if you feel it needs it! Set to one side.



6 SERVE

Once the **potatoes** are done, remove from the oven and, thinly slice the **pork**. Share the **roasted potatoes** and the **green bean** and **mangetout salad** between your plates. Pop the **pork slices** on top and drizzle the **orange mayo** over the **pork**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes *	1 small pack	1 large pack	2 small packs
Provencal Herbs	½ pot	1 pot	1 pot
Green Beans *	1 small pack	1 small pack	1 large pack
Chives *	1 bunch	1 bunch	1 bunch
Hazelnuts 2)	1 small bag	1 small bag	1 large bag
Orange *	½	1	1
Mangetout *	1 small pack	1 large pack	1 large pack
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp
Pork Loin Steak *	2	3	4
Mayonnaise 8) 9)	1 sachet	1½ sachets	2 sachets
Dijon Mustard 9) *	½ pot	¾ pot	1 pot

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 473G	PER 100G
Energy (kJ/kcal)	2588 / 619	548 / 131
Fat (g)	39	8
Sat. Fat (g)	7	1
Carbohydrate (g)	36	8
Sugars (g)	8	2
Protein (g)	34	7
Salt (g)	0.51	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 8) Egg 9) Mustard

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

THUMBS UP OR THUMBS DOWN?

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