



Pleasing Pork Steak and Chorrillana Style Sauce with Sweet Potato Wedges, Rocket and Coriander

Paddington in Peru 30-35 Minutes • Mild Spice • 2 of your 5 a day

5



Sweet Potato



Red Onion



Baby Plum Tomatoes



Coriander



Garlic Clove



British Pork Loin Steaks



Central American Style Spice Mix



Chicken Stock Paste



Wild Rocket

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter

TASTY ADVENTURES IN PERU

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PADDINGTON™ IN PERU
ONLY IN CINEMAS

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Take your tastebuds on an adventure to the town of Chorrillos in Peru, where chorrillana sauce is thought to come from. Smother the pork steaks in this slightly sweet sauce made from onions, tomatoes, fresh coriander and spices that's easily made at home.



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools

Baking tray, garlic press, frying pan, aluminium foil and bowl.

Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Red Onion	1	1½	2
Baby Plum Tomatoes	125g	190g	250g
Coriander**	1 bunch	1½ bunches	2 bunches
Garlic Clove**	2	3	4
British Pork Loin Steaks**	2	3	4
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Chicken Stock Paste	10g	15g	20g
Wild Rocket**	20g	30g	40g
Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	50ml	75ml	100ml
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	575g / 2420 / 578	100g / 421 / 101
Fat (g)	17.4	3.0
Sat. Fat (g)	8.0	1.4
Carbohydrate (g)	67.8	11.8
Sugars (g)	25.8	4.5
Protein (g)	37.1	6.5
Salt (g)	1.93	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Start the Sweet Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 2cm wide wedges (no need to peel).

Pop the **wedges** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



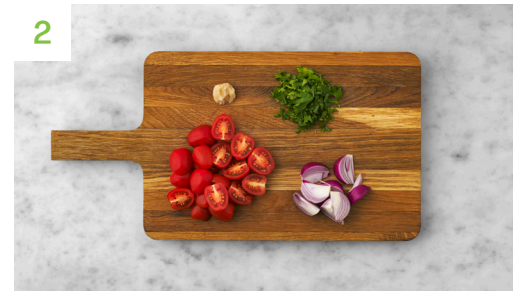
Stir your Chorrillana Sauce

Add the **onion** to the (now empty) frying pan. Fry until softened, 4-5 mins.

Stir in the **Central American style spice mix** and **garlic**. Fry for 1 min more.

Add the **tomatoes**, **chicken stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer until thickened slightly, 1-2 mins.



Prep the Rest

Meanwhile, halve and peel the **red onion**, then cut each half into 4 wedges. Separate the layers.

Halve the **baby plum tomatoes**. Roughly chop the **coriander** (stalks and all). Peel and grate the **garlic** (or use a garlic press).



Finishing Touches

Meanwhile, in a medium bowl, combine the **rocket** with the **olive oil for the dressing** (see pantry for amount). Season with **salt** and **pepper**.

Once the **sauce** has thickened, remove from the heat. Stir in the **butter** (see pantry for amount) and **half** the **coriander**.

Taste the **sauce** and season with **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

Slice the **pork steaks** widthways into thin strips.

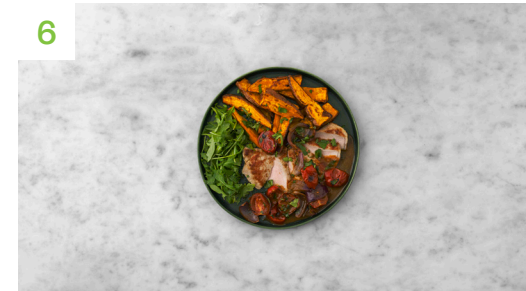


Time to Fry

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

Once hot, add the **pork steaks**. Fry until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins.

Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Serve Up

Share the **pork steaks** between your plates and spoon over the **chorrillana style sauce** from the pan. Sprinkle over the remaining **coriander**.

Serve the **pork** with the **sweet potatoes** and **rocket** on the side.

Enjoy!

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