



# Pork Steak and Herby Salsa Verde with Zesty Buttered Potatoes and Spring Root Veg

Spring Greens 35-40 Minutes • Mild Spice • 2 of your 5 a day

5



Carrot



Purple Carrot



Salad Potatoes



Radishes



Garlic Clove



Capers



Lemon



Flat Leaf Parsley



Dijon Mustard



Pork Loin Steak

**Pantry Items**

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

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

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

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Purple Carrot**	1	2	2
Salad Potatoes	350g	500g	700g
Radishes**	100g	150g	200g
Garlic Clove**	2	3	4
Capers**	15g	30g	30g
Lemon**	½	½	1
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Dijon Mustard 9) 14)	10g	15g	20g
Pork Loin Steak**	2	3	4
Pantry	2P	3P	4P
Sugar for the Salsa*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Salsa*	1½ tbsp	2¼ tbsp	3 tbsp
Honey*	1 tbsp	2 tbsp	2 tbsp
Butter*	10g	20g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	510g	100g
Energy (kJ/kcal)	1941/464	380/91
Fat (g)	16.6	3.3
Sat. Fat (g)	5.6	1.1
Carbohydrate (g)	46.5	9.1
Sugars (g)	16.1	3.2
Protein (g)	34.1	6.7
Salt (g)	1.55	0.3

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

9) Mustard 14) Sulphites

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, milk, egg, mustard, celery, soya, 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.

## Contact

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## Roast the Carrots

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

Trim the **orange** and **purple** carrots, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop them onto a large baking tray, drizzle with **oil**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast on the top shelf until tender, 20-25 mins.



## Hey Honey

Once the **carrots** have roasted for 10 mins, remove the tray from the oven and turn them, then add the **radishes**.

Drizzle the **honey** (see pantry for amount) over the **radishes** and **carrots**, season with **salt** and **pepper**, then toss to coat.

Add the **garlic parcel** to the tray and pop back in the oven for the remaining time, 10-15 mins.



## Get Prepped

Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil on high heat for the **potatoes**.

Halve the **salad potatoes** (no need to peel). Trim the **radishes**, halving any larger ones.

Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it.

When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Fry the Pork

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**.

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, transfer to a plate and cover with another plate or foil to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. They're cooked when no longer pink in the middle.



## Make your Salsa Verde

While the **potatoes** cook, drain the **capers**. Zest the **lemon** and cut into wedges.

Finely chop the **capers** and **parsley** (stalks and all), then add to a medium bowl.

Add the **Dijon mustard**, a good squeeze of **lemon juice**, and the **sugar** and **olive oil for the salsa** (see pantry for both amounts).

Season with **salt** and **pepper**, mix together, then set your **salsa verde** aside.



## Spring has Sprung

Once the **garlic** has roasted and cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork. Stir it through the **salsa verde**.

Once the **potatoes** are cooked, drain in a colander, pop back into the pan and toss with the **lemon zest** and **butter** (see pantry for amount). Season with **salt** and **pepper**.

Once rested, slice the **pork steaks** widthways, then transfer to your plates and spoon over the **salsa verde**. Serve the the **buttered potatoes** and **spring roots** alongside.

## Enjoy!