



Pan-Fried Pork Steak in Creamy Pesto Sauce

with Roast Potatoes and Green Beans

27

Calorie Smart 30-35 Minutes



Potatoes



Garlic Clove



Green Beans



British Pork Loin Steaks



Creme Fraiche



Chicken Stock Paste



Pesto



British Chicken Breasts



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Pantry Items

Oil, Salt, Pepper

↔ Swap to Chicken Breast

If you chose to swap to chicken breast, then just follow the instructions on the back of this card.

Happy cooking!

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, garlic press, frying pan, aluminium foil, kettle, saucepan and colander.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	2	3	4
Green Beans**	80g	150g	150g
British Pork Loin Steaks**	2	3	4
Crema Fraiche** 7)	75g	120g	150g
Chicken Stock Paste	10g	15g	20g
Pesto 7)	32g	48g	64g
British Chicken Breasts**	2	3	4

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	504g	100g	539g	100g
Energy (kJ/kcal)	2348 /561	466 /111	2435 /582	452 /108
Fat (g)	24.1	4.8	23.5	4.4
Sat. Fat (g)	10.9	2.2	10.0	1.9
Carbohydrate (g)	52.7	10.5	51.6	9.6
Sugars (g)	5.0	1.0	5.1	0.9
Protein (g)	36.8	7.3	47.2	8.8
Salt (g)	1.75	0.35	1.95	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

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

Allergens

7) Milk

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.

†Limited-time offer for new subscribers redeeming on eligible devices. Plan auto-renews at £10.99/mo until cancelled. Terms apply. Lossless audio available up to 24-bit/192 kHz.

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Get Started

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Pop the **chunks** 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.



Make the Creamy Pesto Sauce

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

Meanwhile, boil a half-full kettle.

Return the now-empty frying pan back on medium heat with a drizzle of **oil** (if needed). Add the **garlic** and fry for 30 secs.

Stir through the **creme fraiche**, **chicken stock paste**, **pesto** and the **water for the sauce** (see pantry for amount) and season with **salt** and **pepper**.

Cook until thickened slightly, stirring occasionally, 2-3 mins.



Finish the Prep

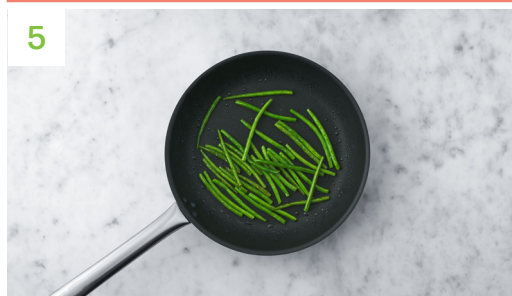
Meanwhile, peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**.

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.

↔ Swap to Chicken Breast

Sandwich the each **chicken breast** between two pieces of baking paper. Pop onto a board and bash with the bottom of a saucepan until 1-2cm thick. **IMPORTANT:** Wash your hands and equipment after handling raw chicken and its packaging.



Cook the Beans

Pour the **boiled water** into a saucepan with ½ **tsp salt** and heat on high.

Bring the **water** back to the boil, then add the **beans** and cook until just tender, 4-6 mins.

Drain in a colander, then return to the saucepan. Season with **salt** and **pepper**. Toss in **olive oil**.

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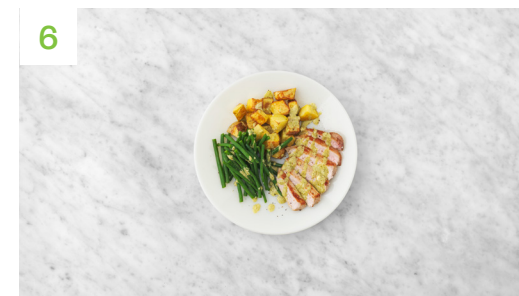


Fry the Pork

Once the **oil** is 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.

↔ Swap to Chicken Breast

Fry the **chicken breasts**, 5-6 mins each side. Once cooked, lay onto a board, cover with foil and rest for a couple of mins. **IMPORTANT:** The **chicken** is cooked when no longer pink in the middle.



Serve Up

Transfer your **pork steaks** to your serving plates.

Serve the **roasted potatoes** and **green beans** alongside.

Finish by drizzling over the **pesto sauce** (reheat first if needed).

Enjoy!