



# HERBED PORK

with Ratatouille, Butter Beans and Garlic Pan Sauce



## HELLO COURGETTE

Americans call these vegetables 'zucchini'.  
Their flowers are also edible.



Rosemary



Aubergine



Courgette



Butter Beans



Finely Chopped Tomatoes  
with Garlic & Onion



Pork Loin Steak



Flat Leaf Parsley



Garlic Clove



Unsalted Butter

MEAL BAG

35 mins

5 of your a day

Chef Andre's moreish Mediterranean-style ratatouille is the perfect accompaniment for tonight's garlicky pork steaks. According to Andre, the traditional way to make ratatouille is to cook the different vegetables separately, before combining and cooking them slowly together until they attain a smooth, creamy consistency. This also helps the veg keep their own individual flavour. Fresh, simple and quick to make, this is a great quick-fix summer recipe.

## BEFORE YOU START

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



### 1 DO THE PREP

Preheat your grill to high. Pick the **rosemary leaves** from their **stalks** and finely chop (discard the stalks). Remove the ends from the **aubergine** then halve lengthways. Chop each half into 4 long strips, then chop widthways into small chunks. Trim the ends from the **courgette** then quarter lengthways. Chop widthways into small pieces. Drain the **butter beans** in a sieve.



### 2 GRILL THE AUBERGINE

Pop the **aubergine** onto a baking tray. Drizzle on a glug of **oil**, season with **salt** and **pepper** and sprinkle on **one-third** of the **rosemary**. Use your hands to coat the **aubergine** in the **oil** and **seasoning** then spread out in one layer. Pop under the grill and cook until soft and slightly charred, 10-12 mins. Turn halfway through cooking.



### 3 RATATOUILLE TIME!

Heat a splash of **oil** in a large saucepan over medium-high heat. When the **oil** is hot, add the **courgette** and cook, stirring frequently, until browned, 4-5 mins. Add the remaining **rosemary** as the **courgette** cooks and season with **salt** and **pepper**. Once browned, stir in the **butter beans** and **chopped tomatoes**. Lower the heat to medium and simmer until the **courgette** is soft, stirring frequently, 10-12 mins.



### 4 COOK THE PORK

While the ratatouille is simmering, heat a splash of **oil** in a frying pan over medium-high heat. Lay in the **pork steaks** and brown each side for 2 mins, then lower the heat to medium. Cook for a further 3-4 mins each side. **IMPORTANT:** *The pork is cooked when no longer pink in the middle.* When cooked take the pan off the heat. Leave the **pork** to rest in the pan covered with foil.



### 5 START THE SAUCE

Meanwhile, roughly chop the **flat leaf parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press). Pop into a small bowl and add the **butter**. Mash together well. Season with **salt** and **pepper** and keep to one side. When the **aubergine** is cooked stir it into the **ratatouille**.



### 6 FINISH AND SERVE

Transfer the **pork steaks** to a chopping board and thinly slice. Pop the frying pan back onto a medium heat. Add the **herby butter** to the juices in the pan, stirring well until you have a glossy **sauce**. Spoon the **ratatouille** into your bowls, top with **pork** and spoon the **garlic pan sauce** over the **pork**. **Bon appetit!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Rosemary	1 bunch	1 bunch	1 bunch
Aubergine	1	1½	2
Courgette	1	1½	2
Butter Beans	½ carton	¾ carton	1 carton
Finely Chopped Tomatoes with Garlic & Onion	1 carton	1½ cartons	2 cartons
Pork Loin Steak	2	3	4
Flat Leaf Parsley	1 bunch	1 bunch	1 bunch
Garlic Clove	1	2	2
Unsalted Butter <sup>7)</sup>	30g	30g	30g

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 650G	PER 100G
Energy (kcal)	501	77
(kJ)	2096	322
Fat (g)	27	4
Sat. Fat (g)	13	2
Carbohydrate (g)	25	4
Sugars (g)	16	2
Protein (g)	35	5
Salt (g)	2.10	0.32

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

<sup>7)</sup> Milk

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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