



Everything  
But The Chef

HelloFresh.com.au

hello@hellofresh.com.au | 02 81 888 722

WK36  
2015

Share your masterpiece to enter into our weekly photo contest! Simply post your delicious pic on [f](#) [t](#) [i](#) with #HelloFreshAU

## Honey & Thyme Pork

Ain't life a lot like good food? It's always a balance between the sweet and the bitter. We've walked the tightrope with this delicate blend of succulent pork with a sweet and sticky honey and thyme sauce, buttery leek and taters and zingy zucchini. Take a bite into this slice of life!

**4** **Pantry Items:** Olive Oil, Honey, Butter, Milk

<b>Prep:</b> 10 mins	<b>level 2</b>
<b>Cook:</b> 35 mins	<b>gluten free</b>
<b>Total:</b> 45 mins	<b>diabetes friendly</b>
<b>nut free</b>	
<b>high protein</b>	



Potatoes



Pork Loin



Thyme



Zucchini



Leek



Lemon

2P	4P	Ingredients
450 g	900 g	potatoes, peeled & quartered
2 steaks	4 steaks	pork loin
2 tsp	4 tsp	olive oil *
1 tbs	2 tbs	honey *
1 bunch	2 bunches	thyme, leaves picked
1 tbs	2 tbs	butter *
1	2	leek, white part finely sliced
1 tbs	2 tbs	milk *
1	2	zucchini, peeled into ribbons
½	1	lemon, cut into wedges

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2170	Kj
Protein	53.7	g
Fat, total	13.3	g
-saturated	5.4	g
Carbohydrate	41.9	g
-sugars	13.4	g
Sodium	132	mg

#### Measuretool

0 cm	1 cm	2 cm

2a



**You will need:** *chef's knife, chopping board, vegetable peeler, kettle, saucepan, sieve, medium frying pan, plate, aluminium foil, paper towel, potato masher, and a heatproof bowl.*

**1** Place the **potatoes** in a saucepan of cold water, bring to the boil and cook for **20 minutes** or until tender. Drain and return back to saucepan.

2b



**2** Meanwhile, season both sides of the **pork loin steaks** with **salt** and **pepper**. Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the pork and cook for **2 minutes** on each side. Add the **honey, thyme** and **butter** and cook for **2-3 minutes** spooning over the pork as it cooks until the sauce has thickened slightly and caramelised. Transfer the pork to a plate and cover with foil. Pour the sauce into a small bowl and cover with foil to keep warm.

3



**3** Wipe the frying pan clean with paper towel and place back over a medium heat. Add a dash of olive oil and the **leek**. Cook, stirring, for **3 minutes** or until softened. Transfer the leek to the saucepan with the potato. Using a potato masher, mash the leek and potato with a splash of **milk** until you've reached your desired consistency. Season to taste with salt and pepper.

4



**4** Meanwhile, bring a kettle of water to the boil. Place the **zucchini ribbons** in a heatproof bowl and cover with the boiling water. Sit for **30 seconds** then drain immediately.

**5** Divide the leek and potato mash and zucchini ribbons between plates. Add the pork loin steaks and drizzle with the honey and thyme sauce. Serve **lemon wedges** on the side.

**Did you know?** On average, a worker honey bee will produce 1/12th a teaspoon of honey in its lifetime.