



**HELLO
FRESH**

Air Fryer Peri Peri Pork Steak and Herby Potatoes

with Tenderstem® Broccoli, Baby Plum Tomatoes and Aioli

High Protein

Preparation time : 25 min.



Potatoes



Mixed Herbs



Tenderstem®



British Pork

Broccoli

Loin Steaks



Peri Peri



Baby Plum

Seasoning

Tomatoes



Aioli



What did you think of this recipe?
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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/air-fryer-peri-peri-pork-steak-and-herby-potatoes-191>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Potatoes (grams)	450	700	900
Mixed Herbs (sachet(s))	1	1	2
Tenderstem® Broccoli (grams)	80	160	160
British Pork Loin Steaks (unit(s))	2	3	4
Peri Peri Seasoning (sachet(s))	1	1½	2
Baby Plum Tomatoes (grams)	125	190	250
Aioli (grams)	50	100	100

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2307 kj
Energy (kcal)	551 kcal
Fat	21.8 g
of which saturates	3.4 g
Carbohydrate	56.5 g
of which sugars	9.6 g
Dietary Fibre	7.6 g
Protein	35.9 g
Salt	1.72 g

Allergens

Egg, Mustard, Milk, Wheat, May contain traces of allergens, Soya, Celery, Barley, Cereals containing gluten, Sulphites

Always check the product labels for allergen information.

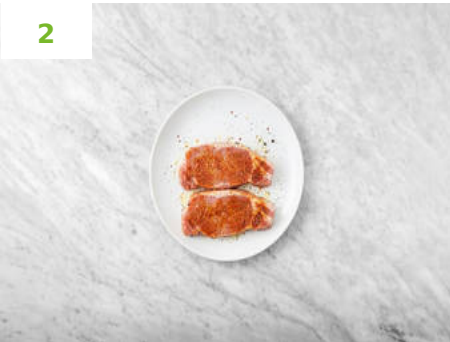


Air Fry the Potatoes

Chop the **potatoes** into 2cm chunks (no need to peel) and place them into your air fryer basket.

Drizzle with **oil**, sprinkle over the **mixed herbs**, season with **salt** and **pepper**, then shake and toss to coat. Spread out in a single layer. **TIP:** Cook in batches if needed.

Air fry at 200°C until crispy and golden, 20-22 mins. Give the basket a shake halfway through.

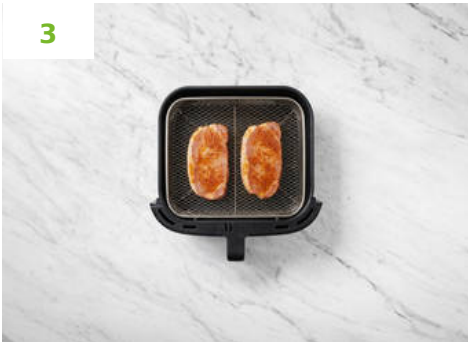


Spice It Up

Meanwhile, halve any thick **broccoli stems** lengthways.

Lay the **pork steaks** onto a plate.

Drizzle with **oil**, sprinkle the **peri peri seasoning** over both sides of the **steaks** and season with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat.

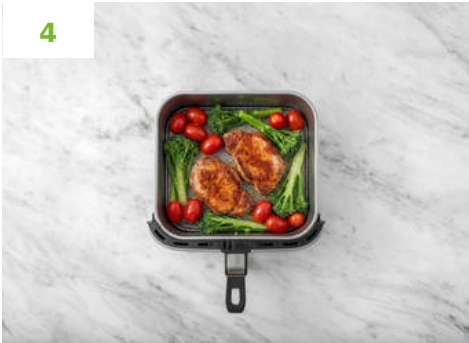


Air Fry the Pork

Once the **potatoes** are ready, transfer to a bowl and cover to keep warm.

Place the **pork steaks** into your air fryer basket.

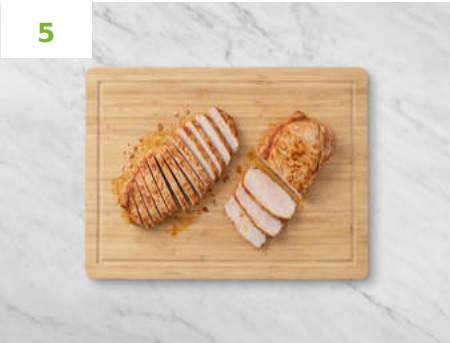
Air fry at 200°C until starting to cook through, 5-6 mins, then remove the basket and turn the **steaks**.



Add the Veg

When you turn the **steaks**, add the **tomatoes** and **broccoli** to the basket, drizzle with **oil** and season with **salt** and **pepper**.

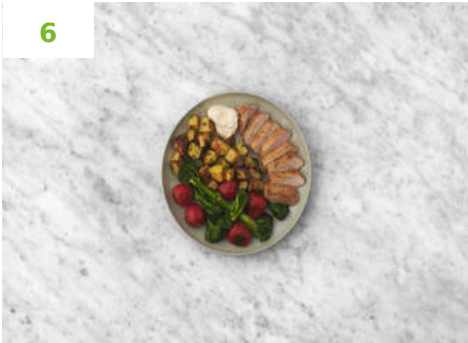
Air fry for another 5-6 mins until the **veg** and **pork** is cooked through. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Slice the Pork

When the **pork steaks** are ready, transfer to a clean board and allow to rest for a couple of mins.

Once rested, thinly slice the **pork steaks**.



Serve

Transfer the **pork steaks**, **potatoes** and **veg** to your plates. Serve the **aioli** on the side for dipping.

Enjoy your meal!