



# Cherry-Glazed Pork & Garlic Mash

with Lemony Veggies

MEDITERRANEAN

NEW

Grab your meal kit with this number

35



Potato



Garlic



Carrot



Courgette



Lemon



Cherry Sauce



Baby Leaves



Black Peppercorns



Pork Loin Steaks



Grated Parmesan Cheese



Pork Loin Steaks

Prep in: 25-35 mins  
Ready in: 35-45 mins

Protein Rich

Calorie Smart

The glaze on these pork steaks is everything you want and more - sweet, sticky, fruity and acidic all at once. That's why we've kept the sides simple on this one. What else could you possibly need?

### Pantry items

Olive Oil, Butter, Milk, Balsamic Vinegar, Brown Sugar

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches**

## You will need

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
carrot	1	2
courgette	1	2
lemon	½	1
cherry sauce	1 medium packet	1 large packet
<b>balsamic vinegar*</b>	½ tbs	1 tbs
<b>brown sugar*</b>	1 tbs	2 tbs
baby leaves	1 small packet	1 medium packet
black peppercorns	¼ tsp	½ tsp
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2613kJ (625cal)	232kJ (55cal)
Protein (g)	43.4g	3.8g
Fat, total (g)	20.9g	1.9g
- saturated (g)	9.8g	0.9g
Carbohydrate (g)	63.4g	5.6g
- sugars (g)	40.7g	3.6g
Sodium (mg)	680mg	60.3mg
Dietary Fibre (g)	8.7g	0.8g

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks.
- Peel **garlic cloves**.
- Cook **potato** and **garlic** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to the potato and season with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Get prepped

- Meanwhile, thinly slice **carrot** and **courgette** into sticks. Cut **lemon** into wedges.
- In a small bowl, combine **cherry sauce**, the **balsamic vinegar**, **brown sugar** and a splash of **water**. Set aside.



## Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and **courgette**, tossing, until tender, **5-6 minutes**.
- Remove from heat, then add **baby leaves** and toss until wilted. Add a good squeeze of **lemon juice**, then season with **salt** and **pepper**.
- Transfer to a bowl and cover to keep warm.



## Cook the pork

- In a medium bowl, combine **black peppercorns** (**see ingredients**), a pinch of **salt** and a drizzle of **olive oil**. Add **pork loin steaks** and turn to coat.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness).



## Make the glaze

- Reduce heat to low, then add **cherry sauce mixture**, turning pork to coat, **1 minute**.



## Serve up

- Slice cherry-glazed pork.
- Divide garlic mash, lemony veggies and pork between plates.
- Spoon remaining glaze over pork. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



### CUSTOM OPTIONS

#### + ADD GRATED PARMESAN CHEESE

Add cheese to mashed potatoes, then mash to combine.

#### + DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

