



# Garlic-Herb Pork & Creamy Leek-Peppercorn Sauce with Parsnip Mash & Greens

Grab your Meal Kit  
with this symbol



Potato



Parsnip



Cavolo Nero  
Kale



Leek



Garlic



Black Peppercorns



Garlic & Herb  
Seasoning



Pork Loin  
Steaks



Longlife Cream



Chicken-Style  
Stock Powder

Hands-on: **25-35 mins**  
Ready in: **35-45 mins**

Carb Smart

When you're craving a classic meal, but don't want to be boring, this seared garlic and herb pork will come to the rescue. Pork and potatoes get a low-carb makeover with a rich, leek-peppercorn sauce and buttery mash – plus simple sautéed kale adds a welcome dose of greens. It just goes to show, classics never go out of style.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
parsnip	1	2
butter*	20g	40g
milk*	1 tbs	2 tbs
salt*	¼ tsp	½ tsp
cavolo nero kale	1 bag	1 bag
leek	1	2
garlic	3 cloves	6 cloves
black peppercorns	½ sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
pork loin steaks	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2563kJ (613Cal)	514kJ (123Cal)
Protein (g)	43.9g	8.8g
Fat, total (g)	35.1g	7g
- saturated (g)	21.3g	4.3g
Carbohydrate (g)	29.8g	6g
- sugars (g)	11g	2.2g
Sodium (mg)	1078mg	216mg
Dietary Fibre	6.8g	1.6g

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 parsnip mash

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Peel the **parsnip** and cut into small chunks. Cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt** and mash until smooth. Cover to keep warm.



## Cook the greens

While the pork is resting, wipe out the frying pan and return to a medium-high heat with a drizzle of **olive oil**. Cook the **kale** until tender, **2-3 minutes**. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Transfer to a bowl and set aside.



## Get prepped

While the potato and parsnip are cooking, roughly chop the **cavolo nero kale**. Thinly slice the **leek**. Finely chop the **garlic**. Lightly crush the **black peppercorns** (see ingredients) with a pestle and mortar or in their sachet using a rolling pin. In a medium bowl, combine the **garlic & herb seasoning** and a drizzle of **olive oil**. Add the **pork loin steaks** and turn to coat.



## Make the sauce

Return the frying pan to a medium heat with a drizzle of **olive oil**. Cook the **leek**, stirring, until softened, **4-5 minutes**. Add the remaining **garlic** and cook until fragrant, **1 minute**. Add the **longlife cream** (see ingredients), **pork resting juices**, **crushed peppercorns** and **chicken-style stock powder** and cook until thickened, **2-3 minutes**.



## Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. When the oil is hot, cook the **pork** until golden and cooked through, **3-4 minutes** each side. Transfer to a plate, cover with foil and rest for **5 minutes**.

**TIP:** The spice blend will char slightly in the pan, this adds to the flavour!



## Serve up

Slice the garlic and herb pork. Divide the pork, parsnip mash and greens between plates. Spoon over the creamy leek-peppercorn sauce to serve.

## Enjoy!