

Herby Mushroom Pork & Bechamel Sauce with Garlic Crushed Potatoes





Garlic

Radish

Herb & Mushroom Seasoning



Salad Leaves

Pork Loin Steaks



Bechamel Sauce

Prep in: 20-30 mins Ready in: 25-35 mins

Calorie Smart

It's here, the good-old bechamel sauce; it really is a favourite for a reason. The creaminess is offset by the earthier tones of herbs and mushroom seasoned pork and a fresh garden salad to finish it off. Once you drizzle over that sauce it will all come together to form a delicious dinner.

Pantry items Olive Oil, Butter, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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You will need

Medium saucepan · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	2 cloves	4 cloves
butter*	20g	40g
tomato	1	2
radish	2	3
herbs	1 bag	1 bag
pork loin steaks	1 packet	1 packet
herb & mushroom seasoning	1 sachet	2 sachets
bechamel sauce	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle

*Pantry Items Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2314kJ (553Cal)	407kJ (97Cal)
Protein (g)	45.2g	8g
Fat, total (g)	21.5g	3.8g
- saturated (g)	10.6g	1.9g
Carbohydrate (g)	42.8g	7.5g
- sugars (g)	18.5g	3.3g
Sodium (mg)	654mg	115mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the garlic crushed potatoes

- Bring a medium saucepan of lightly salted water to the boil. Cut potato into large chunks. Finely chop garlic.
- Add potato to the saucepan of boiling water and cook until easily pierced with a fork, 12-15 minutes.
- Drain, then return saucepan to medium-high heat. Add the **butter** and garlic and cook, stirring, until fragrant, 1 minute. Add a pinch of salt. Stir to combine, then remove from heat.
- Add **potato** to pan and toss to coat. Lightly crush with a fork. Season to taste and cover to keep warm.

TIP: Add a splash of water if potato looks dry!



Cook the pork & heat the bechamel

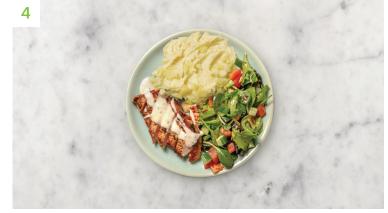
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, cook pork until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate, cover and rest for 5 minutes.
- Meanwhile, add bechamel sauce to a medium heatproof bowl and microwave in 20 second bursts until heated through. Add herbs, stir to combine and season to taste.

TIP: The seasoning will char slightly in pan, this adds to the flavour!



Get prepped

- Meanwhile, roughly chop tomato. Thinly slice radish and herbs.
- In a medium bowl, combine pork loin steaks, herb & mushroom seasoning, a pinch of salt and a drizzle of olive oil.



Serve up

- In a large bowl, combine salad leaves, tomato, radish and a drizzle of red wine vinegar and olive oil. Season to taste.
- Slice herby mushroom pork.
- Divide pork, garlic crushed potatoes and tomato salad between plates.
- Top pork with herby-bechamel sauce. Enjoy!

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