

Herby Mushroom Pork & Bechamel Sauce

with Garlic Crushed Potatoes

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Radish



Herbs



Herb & Mushroom Seasoning



Salad Leaves



Pork Loin Steaks



Bechamel Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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.

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	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.

1



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!

3



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!

2



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**.

4



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!

We're here to help!

Scan here if you have any questions or concerns

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