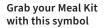


Seared Pork & Creamy Garlic Sauce

with Mash & Sautéed Veggies



















Longlife Cream

Steaks

Chicken-Style Stock Powder

Cheese

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

 ${\sf Medium\, saucepan \cdot Large\, frying\, pan}$

Ingredients

9		
	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	40g	80g
milk*	2½ tbs	⅓ cup
salt*	1/4 tsp	½ tsp
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads
pork loin steaks	1 packet	1 packet
butter* (for the sauce)	20g	40g
longlife cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet	1 sachet
grated Parmesan cheese	1 packet (30g)	1 packet (60g)

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3864kJ (923Cal)	539kJ (128Cal)
Protein (g)	54.6g	7.6g
Fat, total (g)	59.9g	8.4g
- saturated (g)	35.5g	5g
Carbohydrate (g)	38.4g	5.4g
- sugars (g)	9.1g	1.3g
Sodium (mg)	886mg	124mg

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 mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into bite-sized chunks. Cook the **potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter** (**for the mash**), **milk** and the **salt** and mash with a potato masher or fork until smooth. Cover to keep warm.



Get prepped

While the potato is cooking, finely chop the **garlic**. Thinly slice the **carrot** into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk.



Cook the veggies

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **carrot** and **broccoli**, tossing, until tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



Cook the pork

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. When the oil is hot, cook the **pork loin steaks** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest for **5 minutes**.

TIP: Pork can be served slightly blushing pink in the centre



Make the sauce

Return the frying pan to a medium heat with the **butter** (for the sauce). Cook the **garlic** until fragrant, **30** seconds. Add the **longlife** cream (see ingredients), **chicken-style** stock powder (1/2 sachet for 2 people / 1 sachet for 4 people), **grated** Parmesan cheese and any pork resting **juices**. Season with **pepper** and stir to combine. Reduce the heat to low and simmer until thickened slightly, **2-3** minutes.



Serve up

Slice the pork. Divide the mash, veggies and pork between plates. Top with the creamy garlic sauce.

Enjoy!