



Seared Pork & Creamy Garlic Sauce

with Mash & Sautéed Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Pork Loin Steaks



Longlife Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese

 Hands-on: 20-30 mins
Ready in: 20-30 mins

We're not going to lie - this creamy garlic sauce is so good you'll want to slather it over everything! Here, we've teamed it with tender pork steaks, pan-fried veggies and potato mash, all ready in a flash!

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	2	4
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ 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.



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.*



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.



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**.



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.



Serve up

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

Enjoy!