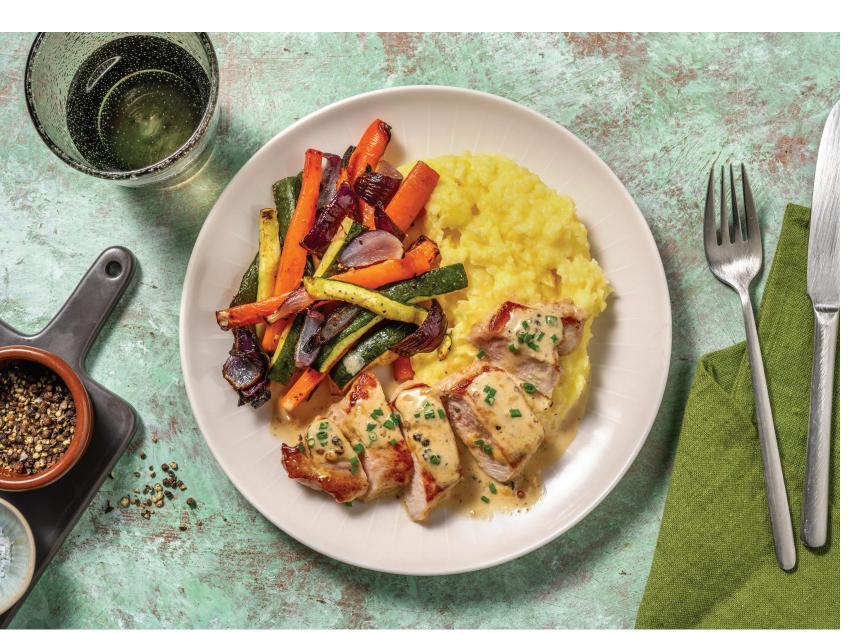


# Quick Pork & Creamy Peppercorn Sauce with Mash & Roasted Veggies

Grab your Meal Kit with this symbol









Carrot

Parsnip





Red Onion







Steaks



**Black Peppercorns** 



Chives

Longlife Cream



Beef-Style Stock Powder

#### Keep an eye out...

Due to recent sourcing challenges, we've replaced courgette with parsnip, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

#### **Pantry items**

Olive Oil, Butter, Milk

Hands-on: 20-30 mins Ready in: 25-35 mins

This meal is worth staying in for tonight. A nice piece of pork, smothered in a creamy peppercorn sauce and served with mashed potato and roasted veggies. Sometimes it's hard to beat simple and classic.

## 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 with a lid  $\cdot$  Oven tray lined with baking paper  $\cdot$  Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
red onion	1/2	1
potato	2	4
butter*	40g	80g
milk*	2½ tbs	⅓ cup
salt*	1/4 tsp	½ tsp
pork loin steaks	1 packet	1 packet
chives	1 bag	1 bag
black peppercorns	½ sachet	1 sachet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1/2 sachet (2.5g)	1 sachet (5g)

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3314kJ (792Cal)	461kJ (110Cal)
Protein (g)	44.6g	6.2g
Fat, total (g)	47.7g	6.6g
- saturated (g)	27.5g	3.8g
Carbohydrate (g)	45.4g	6.3g
- sugars (g)	13.2g	1.8g
Sodium (mg)	872mg	121mg

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.



## Roast the veggies

- Preheat oven to 220°C/200°C fan-forced. Bring a medium saucepan of salted water to the boil. Slice parsnip and carrot into thick sticks. Slice red onion (see ingredients) into wedges.
- Place veggies on a lined oven tray, drizzle with olive oil, then season with salt and pepper. Toss to coat, spread out evenly, then roast until tender, 20-25 minutes.

**TIP:** If your oven tray is crowded, divide between two trays.



## Cook the pork & peppercorn sauce

- While potato is cooking, heat a large frying pan over a medium-high heat
  with a drizzle of olive oil. When oil is hot, cook pork loin steaks until cooked
  through, 3-4 minutes each side (depending on thickness). Transfer to a plate
  to rest
- Meanwhile, finely chop **chives**. Lightly crush **black peppercorns** (see ingredients) with a mortar and pestle or in their sachet using a rolling pin.
- Return frying pan to a low heat. Cook longlife cream (see ingredients), beef-style stock powder (see ingredients) and crushed peppercorns until warmed and fragrant, 2-3 minutes. Stir in chives and any pork resting juices. Season with salt.

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



#### Make the mash

- Meanwhile, peel potato and cut into large chunks. Cook potato in the boiling water until easily pierced with a fork, 10-15 minutes.
- Drain and return potato to saucepan. Add the butter, milk and the salt, then mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



## Serve up

- · Slice seared pork.
- Divide pork, mash and roasted veggies between plates.
- Spoon over creamy peppercorn sauce to serve.

## Enjoy!

If you have any questions or concerns, please visit **hellofresh.co.nz/contact**