

# Quick Pork & Creamy Peppercorn Sauce

with Mash & Roasted Veggies

Grab your Meal Kit with this symbol



Parsnip



Carrot



Red Onion



Potato



Pork Loin Steaks



Chives



Black Peppercorns



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!

 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.

**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 with a lid · Oven tray lined with baking paper · Large frying pan

## Ingredients

|                         | 2 People         | 4 People         |
|-------------------------|------------------|------------------|
| olive oil*              | refer to method  | refer to method  |
| parsnip                 | 1                | 2                |
| carrot                  | 1                | 2                |
| red onion               | ½                | 1                |
| potato                  | 2                | 4                |
| butter*                 | 40g              | 80g              |
| milk*                   | 2½ tbs           | ½ cup            |
| salt*                   | ¼ 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 | ½ sachet (2.5g)  | 1 sachet (5g)    |

\*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](https://hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



## 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.

3



## 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.

2



## 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!

4



## Serve up

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

## Enjoy!