

PORK WITH CREAMY LEEK SAUCE

with Mashed Potato





Make a creamy leek & mustard sauce









Brown Onion







Thyme





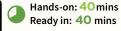
Pure Cream

Dijon Mustard



Chicken Stock

Pantry Staples: Olive Oil, Butter, Milk



When you're craving a classic meal, but don't want to be boring, this seared pork will come to the rescue. Pork and potatoes gets a makeover with a rich, leek sauce and buttery mash – plus simple steamed broccoli adds a welcome dose of greens. It just goes to show, classics never go out of style.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

• medium saucepan with a lid • large frying pan



1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **leek**. Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Chop the **broccoli** florets and stalk into small pieces. Pick the **thyme** leaves. Roughly chop the **parsley** leaves.



BOIL THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. In the last **6-8 minutes** of cook time, place a colander or steamer basket over the saucepan and add the **broccoli**. Cover the broccoli with a lid and steam until tender. Transfer the broccoli to a bowl and season with **salt** and **pepper**. Toss to coat and cover to keep warm. Once the potatoes are tender, drain and return to the saucepan. Cover with a lid to keep warm.



COOK THE PORK

While the veggies are cooking, heat a drizzle of olive oil in a large frying pan over a medium-high heat. Season both sides of the pork loin steaks with salt and pepper. When the oil is hot, add the pork steaks and cook for 3-4 minutes on each side (depending on thickness), or until cooked through. Transfer to a plate to rest.



MAKE THE SAUCE

Return the pan to a medium-high heat along with a drizzle of olive oil. Add the leek and brown onion and cook, stirring, for 5 minutes or until softened. Add the garlic and thyme leaves and cook for 1-2 minutes or until fragrant. Reduce the heat to low and add the pure cream, Dijon mustard and crumble in 1 chicken stock cube. Add any resting juices from the pork. Season to taste with salt and pepper and loosen with a dash of water if the sauce is too thick.



MASH THE POTATO

Add the **butter**, **milk** and **salt** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth.



SERVE UP

Thickly slice the pork steaks. Divide the mashed potato, pork and steamed broccoli between plates. Top with the creamy leek sauce. Garnish the adult portions with the parsley.

*TIP: For kids, follow our serving suggestion in the main photo!

ENJOY!

1-5 PEOPLE

INGREDIENTS

	4-5P	
olive oil*	refer to method	
potato	4	
leek	2	
brown onion	1	
garlic	4 cloves	
broccoli	2 heads	
thyme	1 bunch	
parsley	1 bunch	
pork loin	1 packet	
pure cream	1 tub (300 ml)	
Dijon mustard	1 tub (15 g)	
chicken stock	1 cube	
butter*	80 g	
milk*	⅓ cup	
salt*	½ tsp	

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2880kJ (688Cal)	411kJ (98Cal)
Protein (g)	52.6g	7.5g
Fat, total (g)	33.8g	4.8g
saturated (g)	20.6g	3.0g
Carbohydrate (g)	37.7g	5.4g
- sugars (g)	10.3g	1.5g
Sodium (g)	572mg	82mg

For allergens and ingredient information, visit **HelloFresh.co.nz/recipes**

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