



# PORK WITH CREAMY LEEK SAUCE

with Mashed Potato



Make a creamy leek & mustard sauce



Potato



Leek



Brown Onion



Garlic



Broccoli



Parsley



Thyme



Pork Loin



Pure Cream



Dijon Mustard



Chicken Stock

Hands-on: 40 mins  
Ready in: 40 mins

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.

**Pantry Staples:** Olive Oil, Butter, Milk

# BEFORE YOU START

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.



## 2 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.



## 3 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.



## 4 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.



## 5 MASH THE POTATO

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



## 6 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!

# 4-5 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*	½ 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](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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