



Quick Seared Pork & Creamy Peppercorn Sauce

with Mash & Roasted Veggies

Grab your Meal Kit with this symbol



Capsicum



Carrot



Onion



Potato



Pork Loin Steaks



Herbs



Peppercorn Sauce



Beef-Style Stock Powder



Pork Loin Steaks

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly 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.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
carrot	1	2
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
herbs	1 bag	1 bag
peppercorn sauce	1 medium packet	1 large packet
beef-style stock powder	½ sachet (2.5g)	1 sachet (5g)
pork loin steaks**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2913kJ (696Cal)	411kJ (98Cal)
Protein (g)	44.5g	6.3g
Fat, total (g)	33.1g	4.7g
- saturated (g)	16.7g	2.4g
Carbohydrate (g)	55.4g	7.8g
- sugars (g)	25.4g	3.6g
Sodium (mg)	1233mg	174mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3610kJ (863Cal)	420kJ (100Cal)
Protein (g)	80g	9.3g
Fat, total (g)	35.7g	4.2g
- saturated (g)	17.6g	2g
Carbohydrate (g)	55.4g	6.4g
- sugars (g)	25.4g	3g
Sodium (mg)	1307mg	152mg

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.

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

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1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Slice **capsicum** into strips. Slice **carrot** into thick sticks. Slice **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**.

3



Cook the pork & peppercorn sauce

- While the 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 and set aside to rest.
- Meanwhile, finely chop **herbs**.
- While the pork is resting, return the frying pan to a low heat. Cook **peppercorn sauce** and **beef-style stock powder** (see ingredients) until warmed and fragrant, **2-3 minutes**. Stir through **herbs** and any **pork resting juices**. Season with **salt**.

CUSTOM RECIPE

If you've doubled your pork loin steaks, cook in batches for best results!

2



Make the mash

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

4



Serve up

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

Enjoy!