

Seared Pork & Peppercorn Sauce

with Mash & Roasted Veggies

Grab your Meal Kit with this symbol



Courgette



Carrot



Onion



Potato



Pork Loin Steaks



Herbs



Peppercorn Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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 should be right at home at your place tonight. A nice piece of pork, smothered in a rich 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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
courgette	1	2
carrot	1	2
onion	½	1
potato	2	4
butter* (for the mash)	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
butter* (for the sauce)	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3210kJ (767Cal)	447kJ (106Cal)
Protein (g)	44.5g	6.2g
Fat, total (g)	41.4g	5.8g
- saturated (g)	22.2g	3.1g
Carbohydrate (g)	54.8g	7.6g
- sugars (g)	25.2g	3.5g
Sodium (mg)	1077mg	150mg

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.

1



Roast the veggies

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

Little cooks: Kids can help toss the veggies on the tray.

3



Cook the pork & peppercorn sauce

- While the potato is cooking, heat a large frying pan over 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 low heat. Cook **peppercorn sauce** and **butter (for the sauce)** until warmed and fragrant, **2-3 minutes**. Stir through **herbs** and any **pork resting juices**. Season with **salt**.

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 (for the mash)**, **milk** and the **salt**, then mash until smooth. Cover to keep warm.

Little cooks: Get those muscles working and help mash the potatoes!

4



Serve up

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

Little cooks: Kids can add the finishing touch by spooning over the creamy peppercorn sauce!

Enjoy!