



# Seared Herby Pork & Cranberry Sauce

with Dijon Mash Potato & Garlic Veggies

FESTIVE FAVES

Grab your Meal Kit with this symbol



Potato



Dijon Mustard



Carrot



Baby Spinach Leaves



Brown Onion



Garlic



Rosemary



Dried Cranberries



Pork Loin Steaks



Garlic & Herb Seasoning



Chicken Breast

Prep in: 35-45 mins  
Ready in: 35-45 mins

Eat Me Early\*  
\*Custom Recipe only

Put your Christmas hat on and get in the spirit as you plate up this hearty Dijon mash with garlic veggies and seared pork. Watch out for the cranberry-rosemary sauce; it is so good that it is definitely making the nice list this Christmas!

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

### Pantry items

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>milk*</b>	2 tbs	¼ cup
Dijon mustard	1 packet	2 packets
<b>butter*</b>	60g	120g
carrot	1	2
baby spinach leaves	1 medium bag	1 large bag
brown onion	1	2
garlic	1 clove	2 cloves
rosemary	1 stick	2 sticks
dried cranberries	1 packet	2 packets
pork loin steaks	1 small packet	2 small packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3114kJ (744Cal)	508kJ (121Cal)
Protein (g)	36.6g	6g
Fat, total (g)	43.9g	7.2g
- saturated (g)	22.4g	3.7g
Carbohydrate (g)	51g	8.3g
- sugars (g)	28.4g	4.6g
Sodium (mg)	1165mg	190mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (693Cal)	462kJ (110Cal)
Protein (g)	43g	6.9g
Fat, total (g)	35.4g	5.6g
- saturated (g)	18.7g	3g
Carbohydrate (g)	50g	8g
- sugars (g)	28g	4.5g
Sodium (mg)	804mg	128mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **milk**, **Dijon mustard** and half the **butter** to potato and season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the pork steaks

- Meanwhile, in a medium bowl, combine **pork loin steaks**, **garlic & herb seasoning** and a drizzle of **olive oil**. Season.
- Return frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook **pork steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.

**Custom Recipe:** Combine chicken with spice blend as above. Prepare pan as above. Add chicken steaks and cook until cooked through (when no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.



## Get prepped

- Meanwhile, thinly slice **carrot** into sticks. Roughly chop **baby spinach leaves**. Thinly slice **brown onion**. Finely chop **garlic**. Pick and roughly chop **rosemary**.
- In a small heatproof bowl, add **dried cranberries** and cover with boiling water.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks.



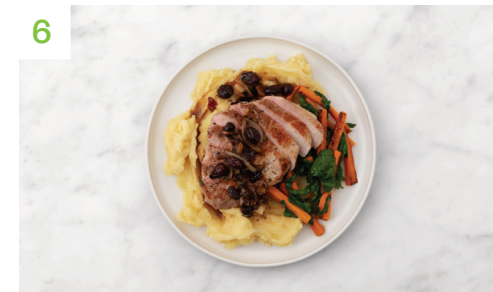
## Make the sauce

- While pork is resting, return frying pan to medium-high heat with a drizzle of **olive oil** and the remaining **butter**. Cook **onion**, stirring regularly, until softened, **3-4 minutes**.
- Meanwhile, drain **cranberries**.
- Reduce heat to medium. Add the **balsamic vinegar**, **brown sugar**, **rosemary**, **cranberries** and a splash of **water** and mix well. Cook until dark and sticky, **3-5 minutes**.
- Remove pan from heat. Stir in any **pork resting juices** and season.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **carrot**, tossing, until tender, **4-5 minutes**.
- Add **garlic** and **spinach** and cook until fragrant and wilted, **1 minute**. Season.
- Transfer to a bowl and cover to keep warm.



## Serve up

- Slice pork.
- Divide Dijon mash potato, garlic veggies and seared pork between plates.
- Pour cranberry sauce over pork to serve. Enjoy!

**Custom Recipe:** Slice chicken to serve.

## Rate your recipe

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