



Pork Steak & Creamy Onion Sauce

with Mash & Apple Salad

EXPLORER

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Apple



Brown Onion



Garlic



Garlic & Herb Seasoning



Pork Loin Steaks



Chicken-Style Stock Powder



Dijon Mustard



Light Cooking Cream



Mixed Salad Leaves



Pork Loin Steaks

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

You can't really go wrong with this recipe as it checks every box - a tasty protein; here's a garlicky pork number that is such a staple, a perfect serving of carbs; here's a creamy potato mash that only ever delights and a bright green salad to balance it all out!

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

Pantry items

Olive Oil, Butter, Milk, Vinegar (White Wine or Balsamic)

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

Medium saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|---|-----------------|--------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| apple | 1 | 2 |
| brown onion | ½ | 1 |
| garlic | 1 clove | 2 cloves |
| butter* | 30g | 60g |
| milk* | 2 tbs | ¼ cup |
| garlic & herb seasoning | 1 medium sachet | 1 large sachet |
| pork loin steaks | 1 small packet | 2 small packets OR 1 large packet |
| chicken-style stock powder | 1 medium sachet | 1 large sachet |
| Dijon mustard | ½ packet | 1 packet |
| light cooking cream | 1 medium packet | 1 large packet |
| mixed salad leaves | 1 small bag | 1 medium bag |
| vinegar* (white wine or balsamic) | drizzle | drizzle |
| pork loin steaks** | 1 small packet | 2 small packets OR 1 large packet |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2279kJ (544Cal) | 431kJ (103Cal) |
| Protein (g) | 35.8g | 6.8g |
| Fat, total (g) | 26.8g | 5.1g |
| - saturated (g) | 13.2g | 2.5g |
| Carbohydrate (g) | 38.6g | 7.3g |
| - sugars (g) | 16.3g | 3.1g |
| Sodium (mg) | 1484mg | 281mg |
| Dietary Fibre (g) | 9g | 1.7g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 3235kJ (773Cal) | 488kJ (117Cal) |
| Protein (g) | 63g | 9.5g |
| Fat, total (g) | 40g | 6g |
| - saturated (g) | 18.3g | 2.8g |
| Carbohydrate (g) | 39.4g | 5.9g |
| - sugars (g) | 16.6g | 2.5g |
| Sodium (mg) | 1925mg | 290mg |
| Dietary Fibre (g) | 7.3g | 1.4g |

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 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



1



Make the mash

- Boil the kettle.
- Peel **potato** and cut into large chunks.
- Thinly slice **apple** and **brown onion (see ingredients)**.
- Roughly chop **garlic**.
- Half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**. Add **potato** and cook, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain and return to saucepan. Add half the **butter** and **milk** and season with **salt**. Mash until smooth, then cover to keep warm.

3



Make the sauce

- Wipe out frying pan and return to medium-high heat with remaining **butter** and a drizzle of **olive oil**. Cook **onion**, stirring, until softened, **5-6 minutes**.
- In the **last minute**, add **garlic** and cook until fragrant.
- Add **chicken-style stock powder**, **Dijon mustard (see ingredients)** and **light cooking cream**. Cook, stirring, until slightly thickened, **1-2 minutes**.

TIP: Add a splash of water if the sauce looks too thick.

2



Cook the pork

- Meanwhile, in a medium bowl, combine **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **pork loin steaks**, then turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. When oil is hot, add **pork loin steaks** and cook 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**.

TIP: Pork can be served slightly blushing pink in the centre.

Custom Recipe: If you've doubled your pork loin steaks, cook pork in batches for the best results.

4



Serve up

- Slice pork.
- In a second medium bowl, combine **mixed salad leaves**, apple and a drizzle of **vinegar** and olive oil. Season to taste.
- Divide pork steak, mash and apple garden salad between plates. Top steak and mash with creamy onion sauce. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate