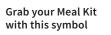


Pork Steak & Creamy Onion Sauce

with Mash & Apple Salad

EXPLORER

KID FRIENDLY









Potato





Brown Onion



Garlic & Herb Seasoning



Chicken-Style Stock Powder



Pork Loin

Steaks



Light Cooking



Leaves



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	1/2	1
garlic	1 clove	2 cloves
butter*	30g	60g
milk*	2 tbs	⅓ 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 Bosins		

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

Alleraens

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





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.



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.



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.



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

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