



# Pork Steaks & Sticky Cranberry Sauce

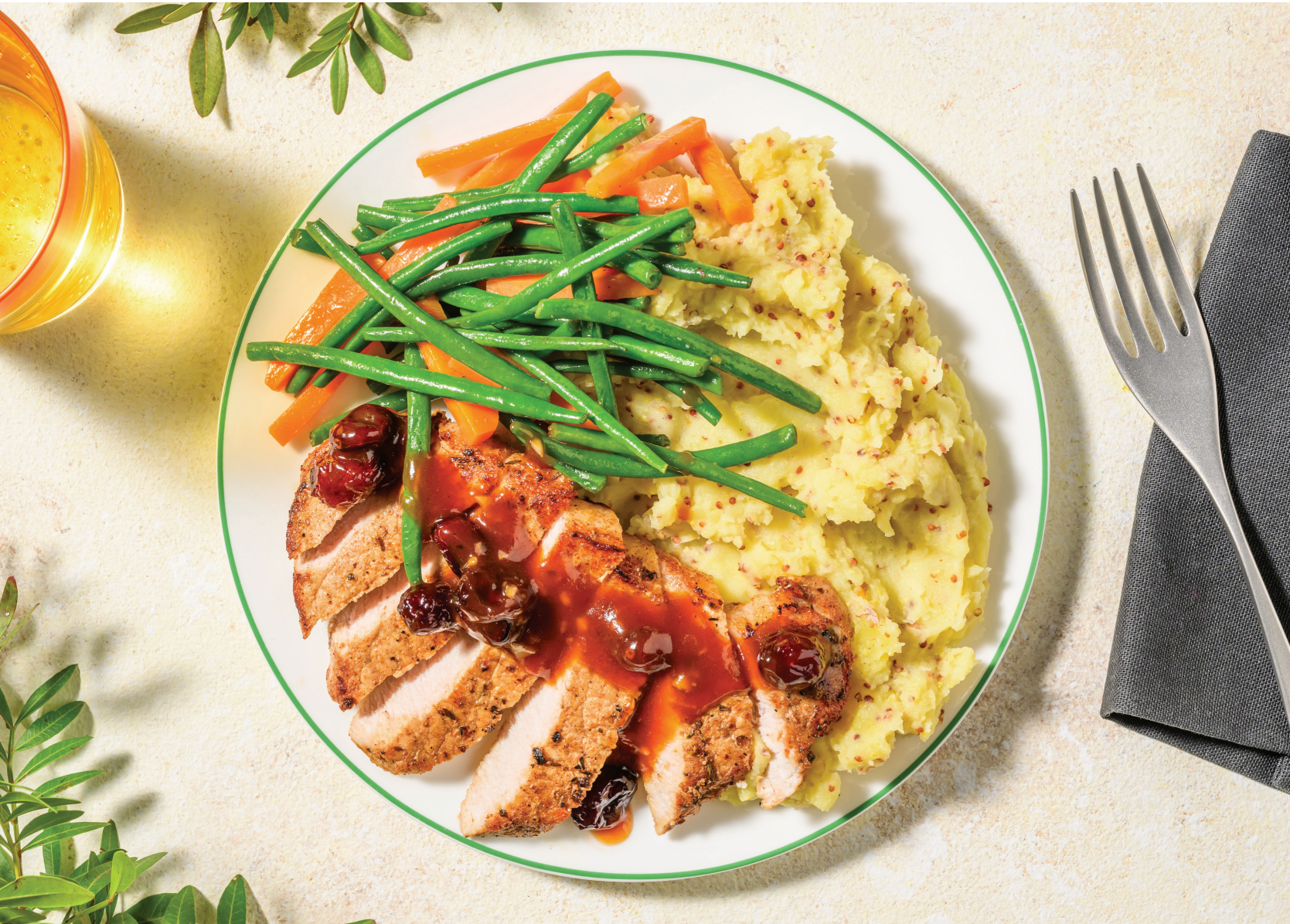
with Mustard Mash & Sautéed Veggies

CHRISTMAS IN JULY

NEW

Grab your meal kit with this number

24



Potato



Wholegrain Mustard



Green Beans



Carrot



Garlic



Dried Cranberries



Nan's Special Seasoning



Pork Loin Steaks



Sweet & Savoury Glaze



Pork Loin Steaks



Chicken Breast

Prep in: 30-40 mins  
Ready in: 35-45 mins

Calorie Smart

Get ready to enjoy an elevated take on the classic meat and three veg! Our sticky cranberry sauce is the perfect accompaniment to succulent pork steaks served alongside tender veggies and our rich, mustardy mash.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
wholegrain mustard	1 packet	2 packets
<b>milk*</b>	2 tbs	¼ cup
green beans	1 medium packet	2 medium packets
carrot	1	2
garlic	1 clove	2 cloves
dried cranberries	1 packet	2 packets
Nan's special seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
sweet & savoury glaze	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2695kJ (644Cal)	444kJ (106Cal)
Protein (g)	37g	6.1g
Fat, total (g)	30.8g	5.1g
- saturated (g)	16.3g	2.7g
Carbohydrate (g)	52.3g	8.6g
- sugars (g)	29.5g	4.9g
Sodium (mg)	1414mg	233mg
Dietary Fibre (g)	12g	2g

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.



## 1 Make the mustard mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- 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, then return **potato** to the pan.
- Add the **butter, wholegrain mustard and milk** to **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

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



## 2 Get prepped

- Meanwhile, trim **green beans**. Cut **carrot** into thin sticks. Finely chop **garlic**.
- In a small heatproof bowl, add the **dried cranberries** and cover with **boiling water**.
- In a medium bowl, combine **Nan's special seasoning**, a drizzle of **olive oil** and a pinch of **salt**. Add **pork loin steaks** and turn to coat.



## 3 Sauté the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **carrot**, tossing, until tender, **4-5 minutes**.
- Transfer to a bowl, season and cover to keep warm.



## 4 Cook the pork steaks

- 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**.



## 5 Make the sauce

- Drain **cranberries**.
- Wipe out frying pan, then return to medium heat with a drizzle of **olive oil**.
- Cook **garlic** and **cranberries**, stirring, until fragrant, **1-2 minutes**.
- Stir in **sweet & savoury glaze**, a splash of **water** and any **pork resting juices** until combined and slightly thickened, **1 minute**. Season to taste.



## 6 Serve up

- Slice pork.
- Divide mustard mash, pork steaks and sautéed veggies between plates.
- Spoon over sticky cranberry sauce. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW27



### CUSTOM OPTIONS

**+** **DOUBLE PORK LOIN STEAKS**  
Follow method above, cooking in batches if necessary.

**↻** **SWAP TO CHICKEN BREAST**  
Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

