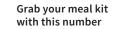


Pork Steaks & Sticky Cranberry Sauce

with Mustard Mash & Sautéed Veggies

CHRISTMAS IN JULY











Potato

Wholegrain Mustard



Green Beans

Carrot





Garlic

Dried Cranberries



Nan's Special



Seasoning

Pork Loin Steaks



Sweet & Savoury



Pork Loin Steaks

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



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

Large saucepan with a lid · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|---------------------------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| butter* | 40g | 80g |
| wholegrain mustard | 1 packet | 2 packets |
| milk* | 2 tbs | ⅓ 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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 and return 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.



Get prepped

- Meanwhile, trim green beans. Cut carrot into thin sticks. Finely chop garlic.
- In a small heatproof bowl, add 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 to bowl, turning to coat.



Cook 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 to taste and cover to keep warm.



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**.



Make the sauce

- Drain cranberries.
- Wipe out frying pan and 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.



Serve up

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









Cook, turning, for 4-6 minutes for medium. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

