

Seared Pork Loin & Cranberry Sauce

with Dijon Mashed Potato & Garlic Veggies

CHRISTMAS IN JULY

Grab your meal kit with this number

24



Potato



Dijon Mustard



Carrot



Baby Spinach Leaves



Brown Onion



Garlic



Rosemary



Dried Cranberries



Pork Loin Steaks



Garlic & Herb Seasoning



Chicken Breast



Pork Loin Steak

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

Impress your family and friends when you plate up this hearty Dijon mash with garlic veggies and seared pork. Watch out for the cranberry-rosemary sauce; the perfect burst of tangy sweetness to complement this mouth-watering dish.

Pantry items

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

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
milk*	2 tbs	¼ cup
Dijon mustard	1 packet	2 packets
butter*	60g	120g
carrot	1	2
baby spinach leaves	1 medium packet	1 large packet
brown onion	1	2
garlic	1 clove	2 cloves
rosemary	1 stick	2 sticks
dried cranberries	1 packet	2 packets
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3121kJ (746Cal)	507kJ (121Cal)
Protein (g)	36.6g	6g
Fat, total (g)	44g	7.2g
- saturated (g)	22.6g	3.7g
Carbohydrate (g)	51g	8.3g
- sugars (g)	28.4g	4.6g
Sodium (mg)	1166mg	190mg
Dietary Fibre (g)	11.1g	1.8g

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.

1



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.

4



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**.

2



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 in boiling water.

5



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.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW30



CUSTOM OPTIONS



SWAP TO CHICKEN BREAST

Cut chicken horizontally into steaks. Follow method above, cooking for 3-6 minutes each side.



DOUBLE PORK LOIN STEAK

Follow method above, cooking in batches if necessary.

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

