



# Quick Pork Steak & Creamy Onion Sauce

with Potato Mash & Apple Salad

KID FRIENDLY

Grab your meal kit with this number

5



Potato



Apple



Baby Capsicum



Brown Onion



Garlic



Pork Loin Steaks



Garlic & Herb Seasoning



Dijon Mustard



Light Cooking Cream



Mixed Salad Leaves



Chicken Breast



Pork Loin Steaks

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



Protein Rich



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 salad to balance it all out!

### Pantry items

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

## 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
apple	1	2
baby capsicum	2	4
brown onion	½	1
garlic	1 clove	2 cloves
<b>butter*</b>	30g	60g
<b>milk*</b>	2 tbs	¼ cup
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>salt*</b>	¼ tsp	½ tsp
Dijon mustard	½ packet	1 packet
light cooking cream	1 medium packet	1 large packet
mixed salad leaves	1 small packet	1 medium packet
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2279kJ (545cal)	223kJ (53cal)
Protein (g)	35.8g	3.5g
Fat, total (g)	26.8g	2.6g
- saturated (g)	13.2g	1.3g
Carbohydrate (g)	38.6g	3.8g
- sugars (g)	16.3g	1.6g
Sodium (mg)	1484mg	145.1mg
Dietary Fibre (g)	7.3g	0.7g

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.



## Make mash

- Boil the kettle.
- Peel **potato** and cut into large chunks. Thinly slice **apple**, **baby capsicum** 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**, then season with **salt**. Mash until smooth, then cover to keep warm.



## Make sauce

- Wipe out and return frying pan to medium-high heat with the 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 the **salt**, **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 pork

- Meanwhile, combine **pork loin steaks**, **garlic & herb seasoning**, a drizzle of **olive oil** and a pinch of **salt** and **pepper** in a medium bowl.
- 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**.



## Serve up

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

**Little cooks:** Take the lead by tossing the salad!

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW33



## 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.

