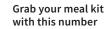
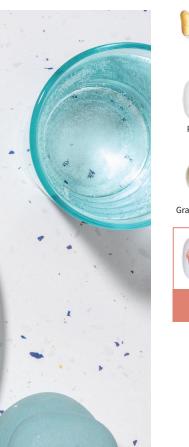


# Paprika-Spiced Pork Steaks & Mash with Dijon Gravy & Pre-Prepped Steamed Veggies

NEW









Potato







Steaks





**Gravy Granules** 







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

Eat Me First





**Protein Rich** 

If you want a midweek dinner winner that is easy on the time (and delicious in the tummy), this paprika-spiced pork steak and fluffy mash number is sure to tackle those midweek blues. Packed with pre-prepped and fuss-free veggies, you'll be able to spend less time preparing dinner and more time doing the things you love.

**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 with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot & zucchini mix	1 medium packet	1 large packet
butter* (for the mash)	40g	80g
milk*	2 tbs	⅓ cup
pork loin steaks	1 medium packet	2 medium packets OR 1 large packet
butter* (for the pork)	15g	30g
paprika spice blend	1 sachet	2 sachets
gravy granules	1 medium sachet	1 large sachet
Dijon mustard	1 packet	2 packets
boiling water*	½ cup	1 cup
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2439kJ (583cal)	259kJ (62cal)
Protein (g)	36.8g	3.9g
Fat, total (g)	30.5g	3.2g
- saturated (g)	16.2g	1.7g
Carbohydrate (g)	38.9g	4.1g
- sugars (g)	14.2g	1.5g
Sodium (mg)	1378mg	146.3mg
Dietary Fibre (g)	8.5g	0.9g

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.



# Steam the veggies

- Boil the kettle. Half fill a medium saucepan with boiling water, then add a generous pinch of salt.
- Peel and cut **potato** into large chunks.
- Cook potato in the boiling water, until easily pierced with a fork, 12-15 minutes.
- In the last 8 minutes of cook time, place a colander or steamer basket on top and add carrot & zucchini mix. Cover and steam, until veggies are tender and potatoes can be easily pierced with a fork.
- Transfer veggies to a bowl. Season with salt and pepper and cover to keep warm.



## Cook the pork

- Meanwhile, in a large frying pan, heat a drizzle of olive oil over medium-high heat.
- When oil is hot, cook **pork loin steaks** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- In last minute of cook time, add the butter (for the pork) and sprinkle over paprika spice blend, turning pork to coat.
- · Transfer to a plate, cover and rest for 5 minutes.



#### Make the mash

- Drain **potatoes** and return to saucepan.
- Add the butter (for the mash) and milk to potato and season with salt.
  Mash until smooth. Cover to keep warm.



## Serve up

- While pork is resting, boil the kettle.
- In a medium heatproof bowl, combine gravy granules, Dijon mustard, the boiling water (½ cup for 2 people / 1 cup for 4 people) and any pork resting juices, whisking until smooth, 1 minute.
- · Slice pork.
- Divide paprika-spiced pork steaks, mash and pre-prepped steamed veggies between plates. Pour over Dijon gravy to serve. Enjoy!



