



# Paprika-Spiced Pork Steaks & Mash

with Dijon Gravy & Pre-Prepped Steamed Veggies

NEW

Grab your meal kit with this number

12



Potato



Carrot & Zucchini Mix



Pork Loin Steaks



Paprika Spice Blend



Gravy Granules



Dijon Mustard



Chicken Breast



Parmesan Cheese

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

Carb Smart

Protein Rich

Eat Me First

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                              |
|---|-----------------|---------------------------------------|
| <b>olive oil*</b>                       | refer to method | refer to method                       |
| potato                                  | 2               | 4                                     |
| carrot & zucchini mix                   | 1 medium packet | 1 large packet                        |
| <b>butter*</b><br><i>(for the mash)</i> | 40g             | 80g                                   |
| <b>milk*</b>                            | 2 tbs           | ¼ cup                                 |
| pork loin steaks                        | 1 medium packet | 2 medium packets<br>OR 1 large packet |
| <b>butter*</b><br><i>(for the pork)</i> | 15g             | 30g                                   |
| paprika spice blend                     | 1 sachet        | 2 sachets                             |
| gravy granules                          | 1 medium sachet | 1 large sachet                        |
| Dijon mustard                           | 1 packet        | 2 packets                             |
| <b>boiling water*</b>                   | 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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns

2024 | CW45



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## 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.

3



## 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**.

## CUSTOM OPTIONS



### SWAP TO CHICKEN BREAST

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



### ADD PARMESAN CHEESE

Add to the drained potatoes with the butter and milk and mash until smooth.

2



## 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.

4



## 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!

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

