



Herby Pork Medallions & Mushroom Sauce

with Instant Mashed Potato & Balsamic Veggies

FAST & FANCY

Grab your meal kit
with this number

22



Premium Pork
Fillet



Herb & Mushroom
Seasoning



Carrot



Trimmed Green
Beans



Mashed Potato



Mushroom Sauce

Prep in: 10-20 mins
Ready in: 20-30 mins

Protein Rich

Calorie Smart

Create a five-star quality dining experience from the comfort of your kitchen. Seared pork with an earthy seasoning, topped with a rich mushroom sauce teams perfectly with creamy mash and tender veggies for an elevated meat and veg dinner winner.

Pantry items

Olive Oil, Balsamic Vinegar

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

Two large frying pans

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
premium pork fillet	1 medium packet	2 medium packets
herb & mushroom seasoning	1 sachet	2 sachets
carrot	1	2
trimmed green beans	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
mashed potato	1 medium packet	2 medium packets
mushroom sauce	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2497kJ (597cal)	222kJ (53cal)
Protein (g)	51.9g	4.6g
Fat, total (g)	23.9g	2.1g
- saturated (g)	10g	0.9g
Carbohydrate (g)	39.5g	3.5g
- sugars (g)	12.6g	1.1g
Sodium (mg)	3635mg	323.1mg
Dietary Fibre (g)	8.2g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Cook the pork

- Slice **premium pork fillet** into 2cm-thick round pieces.
- In a large bowl, combine **herb & mushroom seasoning** and a drizzle of **olive oil**. Add **pork pieces**, turning to coat.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add **pork pieces** to pan and press flat with a spatula to form medallions. Cook until browned and cooked through, **5-6 minutes** each side.

TIP: Cook in batches if your pan is getting crowded!

3



Heat the mashed potato & the sauce

- While veggies are cooking, transfer **mashed potato** to a microwave-safe bowl. Microwave until hot and steaming, **3 minutes**. Season to taste.
- In a second microwave-safe bowl, microwave **mushroom sauce** in **30 second** bursts, until warmed through.

2



Cook the veggies

- Meanwhile, thinly slice **carrot** into sticks.
- Heat a second large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **trimmed green beans** and **carrot** with a splash of **water**, tossing, until tender, **4-5 minutes**.
- Remove from heat, then add a drizzle of **balsamic vinegar** and **olive oil**. Season to taste with **salt** and **pepper** and stir to coat.

4



Serve up

- Divide herby pork medallions, balsamic veggies and instant mashed potato between plates.
- Spoon over mushroom sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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