



ONION GRAVY PORK STEAKS

with Irish Spinach, Broccoli and Potato Mash



Add spinach and broccoli to mashed potato



Potato



Broccoli



Carrot



Brown Onion



Baby Spinach Leaves



Pork Loin Steak



Beef Stock

Pantry Staples



Olive Oil



Milk



Butter



Water

Hands-on: **20** mins
Ready in: **30** mins

We're getting lucky tonight! Steady – we've borrowed the luck of the Irish to bring you this Irish spinach, broccoli and potato mash with pork steak and a delicious, do-it-yourself onion gravy.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **vegetable peeler, chef's knife, chopping board, large saucepan** with a **lid, steamer basket** or **colander, bowl, aluminium foil, large frying pan, tongs, plate, wooden spoon** and a **potato masher** or **fork**.



1 GET PREPPED

Peel and roughly chop the **potato** into 2 cm chunks. Roughly chop the **broccoli** (stalk and florets) into 2 cm chunks. Peel and slice the **carrot** into 0.5 cm discs. Thinly slice the **brown onion**. Roughly chop the **baby spinach leaves**.



2 COOK THE VEGGIES

Place the **potato** and the **broccoli stalk** in a large saucepan of cold water. Bring to the boil and cook for **10 minutes**. After **5 minutes**, place a steamer basket or colander over the saucepan and add the **broccoli florets** and the **carrot**. Continue cooking for **3-5 minutes**, or until the broccoli is tender and the potato is easily pierced with a knife. Place the broccoli florets and carrot in a bowl and cover with foil to keep warm. Drain the potato and broccoli stalk, return to the saucepan and cover with a lid to keep warm.



3 COOK THE PORK

While the vegetables are cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Season the **pork loin steaks** with a **pinch of salt** and **pepper** on each side. Once the oil is hot, add the pork and cook for **1-2 minutes** on each side, or until lightly browned (the pork will continue cooking in step 4). Remove from the pan and set aside on a plate.



4 MAKE THE ONION GRAVY

Heat a **drizzle of olive oil** in the same frying pan over a medium-high heat. Add the **brown onion** and cook for **4 minutes**, or until softened. Add the **plain flour** and mix through the onion. Crumble in the **beef stock** cube and gradually pour in the **water (check the ingredients list for the amount)**. Simmer for **3-5 minutes**, stirring occasionally, until the gravy thickens. Place the **pork steaks** back into the gravy and simmer for **1 minute**, or until cooked through. **TIP:** It's ok to serve pork slightly blushing pink in the centre.



5 MAKE THE SPINACH, BROCCOLI & POTATO MASH

While the pork is simmering, add the **baby spinach leaves**, the **milk**, the **butter** and a good **pinch of salt** and **pepper** to the saucepan with the cooked potato and broccoli stalk. Mash with a potato masher or fork until smooth. Cover with a lid to keep warm and set aside until ready to serve.



6 SERVE UP

Divide the pork steaks, the steamed veggies and the spinach, broccoli and potato mash between plates. Spoon over the onion gravy.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	800 g
broccoli	1 head
carrot	2
brown onion	2
baby spinach leaves	1 bag
pork loin steak	1 packet
plain flour*	2 tbs
beef stock	1 cube
water*	1 ¼ cups
milk*	2 tbs
butter*	2 tbs

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2030kJ (486Cal)	295kJ (71Cal)
Protein (g)	47.7g	6.9g
Fat, total (g)	12.6g	1.8g
- saturated (g)	5.2g	0.8g
Carbohydrate (g)	40.2g	5.8g
- sugars (g)	8.7g	1.3g
Sodium (mg)	535mg	78mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2017 | WK30 | F4