



# Quick Sticky Glazed Pepper Pork

with Mustard Mashed Potatoes & Pear-Capsicum Salad

NEW

KID FRIENDLY

DIETITIAN APPROVED

Grab your Meal Kit with this symbol



Potato



Black Peppercorns



Pear



Salad Leaves



Slivered Almonds



Dijon Mustard



Chargrilled Capsicums



Pork Strips



Garlic Paste



Sweet & Savoury Glaze



Chicken Tenderloin

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

Carb Smart

Eat Me Early\*  
\*Custom Recipe only

Team buttery, mustard mashed potato, with pepper-spiked pork strips to create a homey-style meal that warms you up from the inside out. Paired with a bright pear and chargrilled capsicum salad, this meal checks every box.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Milk, Balsamic Vinegar



## Before you start

Remember to wash your hands for 20 seconds

You'll also need to give your fruit and veggies a wash.

## You will need

Large 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
Dijon mustard	1 packet	2 packets
<b>milk*</b>	2 tbs	¼ cup
black peppercorns	½ medium packet	1 medium packet
pear	1	2
chargrilled capsicums	1 packet (60g)	2 packets (120g)
salad leaves	1 medium bag	2 medium bags
<b>balsamic vinegar*</b>	drizzle	drizzle
pork strips	1 small packet	1 large packet
garlic paste	1 packet (15g)	2 packets (30g)
sweet & savoury glaze	1 medium packet	1 large packet
slivered almonds	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1849kJ (442Cal)	368kJ (88Cal)
Protein (g)	35.4g	7g
Fat, total (g)	13.8g	2.7g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	38.8g	7.7g
- sugars (g)	18.3g	3.6g
Sodium (mg)	1059mg	211mg
Dietary Fibre (g)	11.3g	2.2g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1982kJ (474Cal)	365kJ (87Cal)
Protein (g)	46.7g	8.6g
Fat, total (g)	12.3g	2.3g
- saturated (g)	1.5g	0.3g
Carbohydrate (g)	38.6g	7.1g
- sugars (g)	18.3g	3.4g
Sodium (mg)	634mg	117mg
Dietary Fibre (g)	11.5g	2.1g

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.

## We're here to help!

Scan here if you have any questions or concerns



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## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add **Dijon mustard** and the **milk** to **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the pork

- In a medium bowl, combine **pork strips**, **crushed peppercorns**, a drizzle of **olive oil** and a pinch of **salt**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork strips** in batches, until golden, **2-3 minutes**.
- Add **garlic paste** and return **pork**, cooking until fragrant, **1 minute**.
- Remove from heat. Add **sweet & savoury glaze** and toss to coat. Season to taste.

**Custom Recipe:** If you've swapped to chicken tenderloins, combine chicken tenderloins with peppercorns as above. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins in batches, until browned and cooked through (when it's no longer pink inside), 3-4 minutes each side. Add garlic and continue as above.



## Make the salad

- Crush **black peppercorns** (see ingredients) in a pestle and mortar, or in their sachet using a rolling pin.
- Thinly slice **pear**.
- In a large bowl, combine **pear**, **chargrilled capsicum**, **salad leaves**, a drizzle of **olive oil** and of **balsamic vinegar**. Season.

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



## Serve up

- Divide mustard mashed potatoes and pear salad between plates.
- Top potatoes with sticky glazed pepper pork. Spoon over any juices from the pan.
- Sprinkle over **slivered almonds** to serve. Enjoy!

**Little cooks:** Add the finishing touch by sprinkling over the almonds!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)