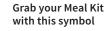


# Quick Sticky Glazed Pepper Pork with Mustard Mashed Potatoes & Pear-Capsicum Salad

**NEW** 

**KID FRIENDLY** 

**DIETITIAN APPROVED** 









Potato

Black Peppercorns





Salad Leaves







Dijon Mustard

Slivered Almonds





**Chargrilled Capsicums** 





Sweet & Savoury

Glaze

Pork Strips

Garlic Paste





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

Eat Me Early\*

\*Custom Recipe only

**Carb Smart** 

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.

Olive Oil, Milk, Balsamic Vinegar

**Pantry items** 



## 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  $\cdot$  Large frying pan

# Ingredients

	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
Dijon mustard	1 packet	2 packets	
milk*	2 tbs	1/4 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	
balsamic vinegar*	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	

<sup>\*</sup>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
<b>Custom Recipe</b>		
Custom Recipe Avg Qty	Per Serving	Per 100g
	Per Serving 1982kJ (474Cal)	Per 100g 365kJ (87Cal)
Avg Qty		
Avg Qty Energy (kJ)	1982kJ (474Cal)	365kJ (87Cal)
Avg Qty Energy (kJ) Protein (g)	1982kJ (474Cal) 46.7g	365kJ (87Cal) 8.6g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	1982kJ (474Cal) 46.7g 12.3g	365kJ (87Cal) 8.6g 2.3g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	1982kJ (474Cal) 46.7g 12.3g 1.5g	365kJ (87Cal) 8.6g 2.3g 0.3g

The quantities provided above are averages only.

# **Allergens**

Always read product labels for the most up-to-date allergen information.

Dietary Fibre (g) 11.5g

Visit 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

2023 | CW02

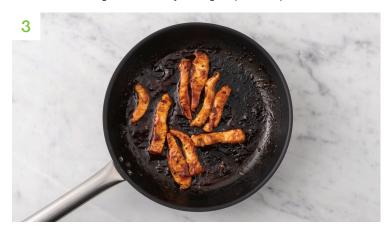




## Make the mash

- 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