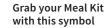


# Seared Pork & Cranberry-Thyme Sauce

with Dijon Mash Potato & Garlic Veggies

FESTIVE FAVES















Silverbeet



**Brown Onion** 





Thyme





**Dried Cranberries** 

Garlic & Herb Seasoning



Dijon Mustard



Pork Loin Steaks





Prep in: 35-45 mins Ready in: 35-45 mins

Eat Me Early\* \*Custom Recipe only Put your Christmas hat on and get in the spirit as you plate up this hearty Dijon mash with garlic veggies and seared pork. Watch out for the cranberry-thyme sauce; it is so good that it is definitely making the nice list this Christmas!

#### **Pantry items**

Olive Oil, Milk, Butter, Balsamic Vinegar, Brown Sugar

#### Before you start

Remember to wash your hands for 20 seconds before you get cooking.

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
milk*	2 tbs	⅓ cup
Dijon mustard	1 packet	2 packets
butter*	60g	120g
carrot	1	2
silverbeet	1 medium bag	1 large bag
brown onion	1	2
garlic	1 clove	2 cloves
thyme	1 bag	1 bag
dried cranberries	1 packet	2 packets
pork loin steaks	1 small packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
balsamic vinegar*	1 tbs	2 tbs
brown sugar*	1 tsp	2 tsp
chicken breast**	1 small packet	1 large packet

<sup>\*</sup>Pantry Items \*\* Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3236kJ (773Cal)	485kJ (115Cal)
Protein (g)	40.1g	6g
Fat, total (g)	43.8g	6.6g
- saturated (g)	22g	3.3g
Carbohydrate (g)	53.2g	8g
- sugars (g)	31g	4.6g
Sodium (mg)	1144mg	171mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2990kJ (715Cal)	438kJ (105Cal)
Protein (g)	42.5g	6.2g
Fat, total (g)	36.3g	5.3g
- saturated (g)	18.9g	2.8g
Carbohydrate (g)	53.2g	7.8g
- sugars (g)	30.5g	4.5g
Sodium (mg)	873mg	128mg

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.





#### 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 the milk, Dijon mustard and 1/2 the butter 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 steaks

- Meanwhile, in a medium bowl, combine pork steaks, garlic & herb seasoning and a drizzle of olive oil. Season.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**.
- When oil is hot, cook pork steaks until cooked through, 3-4 minutes each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for 5 minutes.

Custom Recipe: Combine chicken with spice blend and prepare pan as above. Add chicken steaks and cook until cooked through (when it's no longer pink inside), 3-6 minutes each side (cook in batches if your pan is getting crowded). Transfer to a plate.



# Get prepped

- Meanwhile, thinly slice carrot into sticks.
  Roughly chop silverbeet. Thinly slice brown onion. Finely chop garlic. Pick thyme leaves.
- In a small heatproof bowl, add dried cranberries and cover with boiling water.

**Custom Recipe:** If you've swapped to chicken breast, place your hand flat on top of chicken breast and slice through horizontally to make two thin steaks.



# Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook carrot, stirring, until tender, 4-5 minutes.
- Add garlic and silverbeet and cook until fragrant and wilted, 1 minute. Season.
- Transfer to a bowl and cover to keep warm.



## Make the sauce

- While pork is resting, return the frying pan to medium-high heat with a drizzle of olive oil and remaining butter. Cook onion, stirring regularly, until softened, 3-4 minutes.
- · Meanwhile, drain cranberries.
- Reduce heat to medium. Add the balsamic vinegar, brown sugar, thyme, cranberries and a splash of water and mix well. Cook until dark and sticky, 3-5 minutes.
- Remove from the heat. Stir in the pork resting juices and season.



### Serve up

- Slice pork.
- Divide Dijon mash potato, garlic veggies and seared pork between plates.
- Pour cranberry-thyme sauce over pork to serve. Enjoy!

Custom Recipe: Slice chicken to serve.

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate