



# Seared Pork & Cranberry-Thyme Sauce

with Dijon Mash Potato & Garlic Veggies

FESTIVE FAVES

Grab your Meal Kit with this symbol



Potato



Carrot



Silverbeet



Brown Onion



Garlic



Thyme



Dried Cranberries



Garlic & Herb Seasoning



Dijon Mustard



Pork Loin Steaks



Chicken Breast

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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>milk*</b>	2 tbs	¼ cup
Dijon mustard	1 packet	2 packets
<b>butter*</b>	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
<b>balsamic vinegar*</b>	1 tbs	2 tbs
<b>brown sugar*</b>	1 tsp	2 tsp
chicken breast**	1 small packet	1 large packet

\*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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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2022 | CW50



## 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.



## 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.



## 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.



## 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.

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