



# SEARED PORK & CREAMY LEEK SAUCE

with Broccoli & Mash



Make a creamy leek & mustard sauce



Potato



Leek



Brown Onion



Garlic



Broccoli



Parsley



Thyme



Pork Loin



Cooking Cream



Dijon Mustard



Chicken Stock

Hands-on: **35 mins**  
Ready in: **35 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Low calorie

When you're craving a classic meal, but don't want to be boring, this seared pork will come to the rescue. Pork and potatoes gets a makeover with a rich, leek sauce and buttery mash – plus simple steamed broccoli adds a welcome dose of greens. It just goes to show, classics never go out of style.

**Pantry Staples:** Olive Oil, Butter, Milk

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



## 1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **leek**. Finely chop the **brown onion** (see ingredients list). Finely chop the **garlic** (or use a garlic press). Chop the **broccoli** florets and stalk into small pieces. Pick the **thyme** leaves. Roughly chop the **parsley** leaves.



## 2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. In the last **6-8 minutes** of cook time, place a colander or steaming basket over the saucepan and add the **broccoli**. Cover the broccoli with a lid and steam until tender. Transfer the broccoli to a bowl and season with **salt** and **pepper**. Toss to coat and cover to keep warm. Once the potatoes are tender, drain and return to the saucepan. Cover with a lid to keep warm.



## 3 COOK THE PORK

While the veggies are cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season both sides of the **pork loin** steaks with **salt** and **pepper**. When the oil is hot, add the pork steaks and cook for **3-4 minutes** on each side (depending on thickness), or until cooked through. Transfer to a plate to rest.



## 4 MAKE THE SAUCE

Return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **leek** and **onion** and cook, stirring, for **5 minutes** or until softened. Add the **garlic** and **thyme** and cook for **1 minute** or until fragrant. Reduce the heat to low and add the **cooking cream** (see ingredients list), **Dijon mustard** (see ingredients list) and crumble in the **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Add any **pork resting juices**. Season with **salt** and **pepper** and add a **dash of water** if the sauce is thick.



## 5 MASH THE POTATO

Add the **butter**, **milk** and **salt** to the saucepan with the potato. Mash with a potato masher or fork until smooth.



## 6 SERVE UP

Thickly slice the pork steaks. Divide the mashed potato, pork and steamed broccoli between plates. Top with the creamy leek sauce and the parsley.

**TIP:** For the low-calorie option, serve up 1/2 the creamy leek sauce.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
leek	1	2
brown onion	½	1
garlic	2 cloves	4 cloves
broccoli	1 head	2 heads
thyme	1 bunch	1 bunch
parsley	1 bunch	1 bunch
pork loin	1 packet	1 packet
cooking cream	½ tub (150 ml)	1 tub (300 ml)
Dijon mustard	½ tub (7.5 g)	1 tub (15 g)
chicken stock	½ cube	1 cube
butter*	30 g	60 g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (548Cal)	371kJ (89Cal)
Protein (g)	47.4g	7.7g
Fat, total (g)	22.2g	3.6g
- saturated (g)	13.2g	2.1g
Carbohydrate (g)	34.2g	5.5g
- sugars (g)	8.3g	1.3g
Sodium (g)	528mg	86mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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

[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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