



PORK & CREAMY PEPPERCORN SAUCE

with Mashed Potato & Steamed Veggies



Make a creamy
peppercorn sauce



Potato



Green Beans



Carrot



Garlic



Chives



Black Peppercorns



Pork Loin Steaks



Light Thickened Cream



Beef Stock

Pantry Staples: Olive Oil, Butter, Milk

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

Infuse a rich and creamy sauce with peppercorns for the perfect topping for tender seared pork loin steaks. With a side of creamy mash and lightly steamed veggies, this classic meal is simple yet stunning.

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. Trim the **green beans**. Thinly slice the **carrot** (unpeeled) into rounds. Finely chop the **garlic** (or use a garlic press). Finely chop the **chives**. Crush the **black peppercorns** in their sachet with a saucepan or rolling pin (or use a mortar and pestle if you have one!).



2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. About halfway through cooking, place a colander or steamer basket over the saucepan and add the **green beans** and **carrot**. Cover the veggies with a lid and steam until tender, **4-6 minutes**. Transfer to a bowl and season with **salt** and **pepper**. Toss to coat and cover to keep warm. When the potato is tender, drain and return to the saucepan. Cover with a lid to keep warm.



3 SEAR THE PORK

While the veggies are cooking, heat a **drizzle of olive oil** in a large frying pan over a high heat. Season the **pork loin steaks** on both sides with a **pinch of salt**. When the oil is hot, add the **pork** and cook until just cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest. **TIP:** *Pork can be served slightly blushing in the centre.*



4 MAKE THE SAUCE

While the pork is resting, return the frying pan to a low heat with a **drizzle of olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **light thickened cream** and crumbled **beef stock (1/2 cube for 2 people / 1 cube for 4 people)**. Add the crushed **peppercorns** and cook until warmed and the peppercorn flavour has infused, **3 minutes**. Stir through the **chives** and any **resting juices** from the pork and season to taste with **salt**.



5 MASH THE POTATO

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



6 SERVE UP

Divide the pork loin steaks, steamed veggies and mashed potato between plates. Spoon the peppercorn sauce over the pork and veggies. **TIP:** *For the low-calorie option, serve with 1/2 the creamy peppercorn sauce.*

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
green beans	1 bag (200g)	1 bag (400g)
carrot	1	2
garlic	1 clove	2 cloves
chives	1 bunch	1 bunch
black peppercorns	1 sachet	2 sachets
pork loin steaks	1 packet	1 packet
light thickened cream	1 packet (150ml)	2 packets (300ml)
beef stock	½ cube	1 cube
butter*	30g	60g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (548Cal)	384kJ (92Cal)
Protein (g)	46.1g	7.7g
Fat, total (g)	22.3g	3.7g
- saturated (g)	13.3g	2.2g
Carbohydrate (g)	36.8g	6.2g
- sugars (g)	8.9g	1.5g
Sodium (g)	615mg	103mg

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

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