



# Seared Pork & Sweet Potato Mash

with Creamy All-American Sauce & Greens

Grab your Meal Kit with this symbol



Sweet Potato



Green Beans



Zucchini



Garlic



All-American Spice Blend



Pork Loin Steaks



Mixed Leaves



Light Cooking Cream



Chicken-Style Stock Powder

Prep in: **25-35 mins**  
Ready in: **35-45 mins**

Calorie Smart

Naturally Gluten-Free  
*Not suitable for coeliacs*

Infuse a rich and creamy sauce with All-American spices for the perfect topping on tender seared pork loin steaks. With a side of creamy sweet potato mash and garlicky veggies, this classic meal is simple yet stunning. Check out the 'Little Cooks' tips peppered throughout the recipe to get the kids cooking too!

### Pantry items

Olive Oil, Butter



## 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
olive oil*	refer to method	refer to method
sweet potato	2	4
butter*	20g	40g
green beans	1 small bag	1 medium bag
zucchini	1	2
garlic	1 clove	2 cloves
All-American spice blend	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
mixed leaves	1 small bag	1 medium bag
light cooking cream	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2448kJ (585Cal)	446kJ (107Cal)
Protein (g)	43g	7.8g
Fat, total (g)	27g	4.9g
- saturated (g)	15g	2.7g
Carbohydrate (g)	39.8g	7.2g
- sugars (g)	20.1g	3.7g
Sodium (mg)	989mg	180mg

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.



## 1 Make the sweet potato mash

Bring a large saucepan of **water** to the boil. Peel and **sweet potato**, then cut into large chunks. Cook **sweet potato** in the boiling water until easily pierced with a knife, **10-15 minutes**. Drain and return to pan. Add the **butter** and mash using a potato masher or fork until smooth. Cover with a lid to keep warm.

**Little cooks:** Get those muscles working and help mash the sweet potato!



## 2 Get prepped

While the sweet potato is cooking, trim **green beans**. Slice **zucchini** into sticks. Finely chop **garlic**. In a medium bowl, combine 1/2 the **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**. Add **pork loin steaks**, turning to coat.

**Little cooks:** Help combine the ingredients for the marinade.



## 3 Cook the greens

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans** and **zucchini**, tossing, until tender, **5-6 minutes**. Add **garlic** and **mixed leaves** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



## 4 Cook the pork

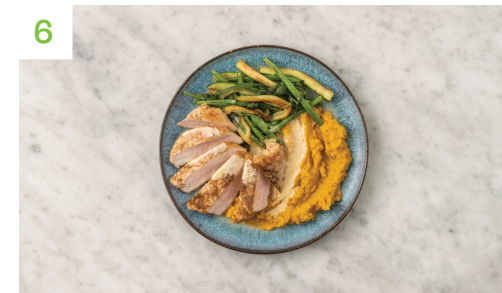
Return the frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Set aside on a plate to rest.

**TIP:** Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



## 5 Cook the sauce

Wipe out the frying pan and return to medium heat with a drizzle of **olive oil**. Cook remaining **All-American spice blend**, stirring, until fragrant, **1 minute**. Stir through **light cooking cream**, **chicken-style stock powder** and pork **resting juices** and simmer until thickened slightly, **1-2 minutes**.



## 6 Serve up

Slice the seared pork. Divide the sweet potato mash, greens and pork between plates. Spoon over the creamy All-American sauce to serve.

**Little cooks:** Work your magic and add the finishing touch by drizzling over the sauce!

## Enjoy!

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