



# SEARED PORK & TARRAGON SAUCE

with Mustard Mashed Potato & Garlic Veggies



Add extra flavour to mash with mustard!



Potato



Carrot



Zucchini



Garlic



Tarragon



Wholegrain Mustard



Baby Spinach Leaves



Pork Loin Steaks



Light Cooking Cream



Chicken Stock

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

Naturally gluten-free  
*Not suitable for Coeliacs*

Give meat and three veg an upgrade with an array of flavoursome sides. Seared pork gets a creamy tarragon-infused sauce, and we've taken classic mashed potatoes to new heights by stirring through tangy wholegrain mustard.

**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 **carrot** (unpeeled) into half-moons. Slice the **zucchini** into thin batons. Finely chop the **garlic** (or use a garlic press). Pick the **tarragon** leaves and finely chop.



### 2 MAKE THE MUSTARD MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Stir through the **wholegrain mustard**, keeping some mash plain for the kids if you like. Cover with a lid to keep warm.

**TIP:** Add as little or as much mustard as you like according to your taste.



### 3 COOK THE VEGGIES

While the potato is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **carrot** and cook until starting to soften, **2-3 minutes**. Add the **zucchini** and **garlic** and cook, stirring occasionally, until softened, **10 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



### 4 COOK THE PORK

Return the frying pan to a high heat with a **drizzle of olive oil**. Season the **pork loin steaks** with **salt** and **pepper** on both sides. When the oil is hot, add the **pork steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest for **5 minutes**.

**TIP:** It's fine to serve pork slightly blushing in the centre.



### 5 MAKE THE TARRAGON SAUCE

Return the frying pan to a low heat. Add the **light cooking cream** and crumble in **1 chicken stock** cube. Add the chopped **tarragon**. **TIP:** Tarragon has a strong aniseed flavour, add less if you're not a fan! Cook until warmed and the tarragon flavour has infused, **3-4 minutes**. **TIP:** Scrape up any bits stuck to the bottom of the pan, they'll add extra flavour! Stir through any **pork resting juices** and season to taste with **salt**.



### 6 SERVE UP

Divide the mustard mashed potato, seared pork and veggies between plates. Spoon over the tarragon sauce.

**TIP:** For kids, see our serving suggestion on the main photo!

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	2
zucchini	2
garlic	2 cloves
tarragon	1 bunch
butter*	80g
milk*	½ cup
salt*	½ tsp
wholegrain mustard	1 tub (40g)
baby spinach leaves	1 bag (120g)
pork loin steaks	1 packet
light cooking cream	2 packets (300ml)
chicken stock	1 cube

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2640kJ (632Cal)	424kJ (101Cal)
Protein (g)	46.1g	7.4g
Fat, total (g)	37.0g	5.9g
- saturated (g)	22.4g	3.6g
Carbohydrate (g)	28.8g	4.6g
- sugars (g)	10.9g	1.8g
Sodium (g)	692mg	111mg

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

→ JOIN OUR PHOTO CONTEST!

   #HelloFreshAU

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)

2019 | WK49

