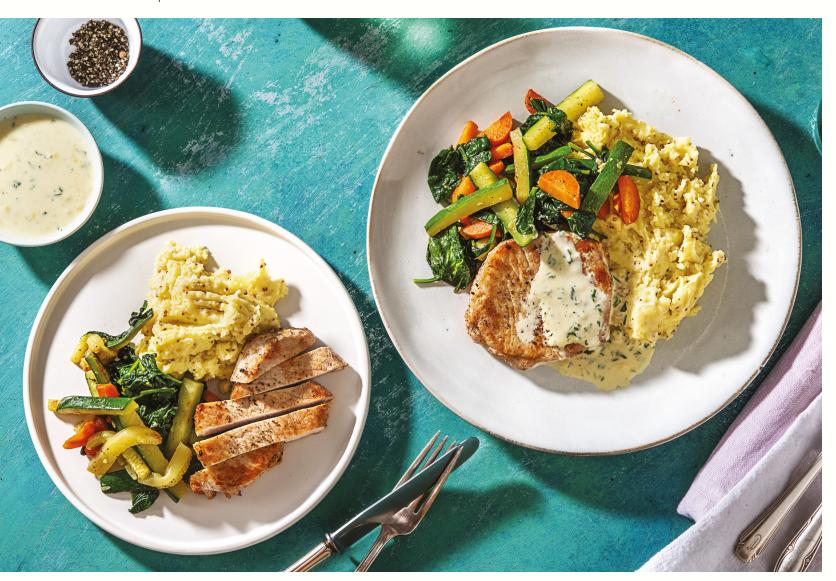


## **SEARED PORK & TARRAGON SAUCE**

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.

with Mustard Mashed Potato & Garlic Veggies





Add extra flavour to mash with mustard!











Wholegrain Mustard Tarragon





**Baby Spinach** 

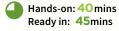




Light Cooking

Chicken Stock

Pantry Staples: Olive Oil, Butter, Milk





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



## **¶** 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.



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.



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.



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.



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.



**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!** 

## INGREDIENTS

	4-5P
olive oil*	refer to method
potato	4
carrot	2
zucchini	2
garlic	2 cloves
tarragon	1 bunch
butter*	80g
milk*	⅓ 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** 

## → 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

**2019** | WK49

HelloFRESH