



Seared Pork & Creamy Garlic-Herb Sauce

with Potato Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Parsley



Pork Loin Steaks



Pure Cream



Grated Parmesan Cheese



Chicken Stock

Hands-on: 20-30 mins
Ready in: 20-30 mins

Infuse a rich and creamy sauce with garlic and parsley for the perfect topping on tender seared pork loin steaks. With a side of creamy mash and pan-fried veggies, this classic meal is simple yet stunning.

Pantry items

Olive Oil, Butter, Milk

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

Medium saucepan with a lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads
parsley	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
butter* (for the sauce)	20g	40g
pure cream	½ bottle (150ml)	1 bottle (300ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken stock	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3920kJ (936Cal)	559kJ (134Cal)
Protein (g)	55.4g	7.9g
Fat, total (g)	62.2g	8.9g
- saturated (g)	38.1g	5.4g
Carbohydrate (g)	34.4g	4.9g
- sugars (g)	8.6g	1.2g
Sodium (mg)	678mg	97mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. Peel the **potato** and cut into 2cm chunks. 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 saucepan. Add the **butter (for the mash)**, **milk** and the **salt** and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **parsley** leaves.



3. Cook the veggies

In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and **broccoli** and cook, tossing regularly, until tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



4. Cook the pork

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

TIP: *Pork can be served slightly blushing pink in the centre.*



5. Make the sauce

Return the frying pan to a medium heat with the **butter (for the sauce)**. Add the **garlic** and cook until fragrant, **30 seconds**. Add the **pure cream (see ingredients list)**, **grated Parmesan cheese**, **parsley** (reserve a pinch for garnish!), **chicken stock (1/2 sachet for 2 people / 1 sachet for 4 people)**, a **pinch** of **pepper** and any **pork resting juices** and stir to combine. Reduce the heat to low and simmer until thickened slightly, **5-6 minutes**.



6. Serve up

Thickly slice the pork steaks. Divide the mash, veggies and pork between plates. Top with the creamy garlic sauce. Garnish with the reserved parsley.

Enjoy!