

## **SEARED PORK & CHEESY CAULIFLOWER-POTATO MASH**

with Thyme Sauce & Steamed Veggies





Add hidden veggies to a potato mash





Potato





Carrot

Green Beans





Eschalot

Thyme





c Grated Parmesan Cheese

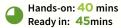


Pork Loin Steaks



Chicken Stock

Pantry Staples: Olive Oil, Butter, Plain Flour





We love this mash – with creamy potato plus cauliflower it gives loads of nutrition without anyone knowing the difference. And tender pork steaks and a rich thyme sauce are the perfect accompaniment for this meal that will satisfy the little and big eaters in the family.

Our fruit and veggies need a little wash first! Along with basic cooking tools, you will use:

· large saucepan · large frying pan



#### **GET PREPPED**

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 1cm chunks. Cut the cauliflower into 1cm chunks. Thinly slice the **carrot** (unpeeled) into 0.5cm rounds. Trim the green beans. Thinly slice the eschalot. Pick the thyme leaves. Finely chop the garlic (or use a garlic press).



### **COOK THE VEGGIES**

Add the potato and cauliflower to the saucepan of boiling water. Cook for **15 minutes**, or until tender when pierced with a knife. Place a colander or steamer basket over the saucepan and add the carrot and **green beans**. Cover with a lid and steam for **6-8 minutes** or until tender. Transfer the carrot and green beans to a bowl and season with salt and pepper. Toss to coat and cover to keep warm.



#### MAKE THE CAULIFLOWER MASH

Drain the cooked potato and cauliflower and return to the saucepan. Add the salt, grated Parmesan cheese (see ingredients list) and 1/2 the butter and mash using a potato masher or fork until almost smooth. Season to taste with salt and pepper. Cover to keep warm. \* TIP: It's fine if your cauliflower doesn't get as smooth as the potato, it gives the mash a hearty texture!



#### COOK THE PORK

In a large frying pan, heat a **drizzle** of olive oil over a medium-high heat. Pat the pork steaks dry with paper towel and season both sides with **salt** and **pepper**. When the oil is hot, add the pork to the pan and cook for 3-4 minutes on each side (depending on thickness), or until cooked through. Transfer to a plate to rest. \*TIP: Pork can be served slightly blushing in the centre. If your pan is crowded, cook in batches for the best results!



#### MAKE THE SAUCE

Return the large frying pan to a medium heat with the **remaining butter**. Add the eschalot, thyme and garlic and cook for **1-2 minutes** or until fragrant. Add the plain flour and cook, stirring, for 1 minute. Add 3/4 cup of water, crumble in 1/2 cube chicken stock and add any resting juices from the pork. Scrape the base of the pan and simmer, stirring, for 3-4 minutes or until thickened. Season to taste with **pepper**.



#### **SERVE UP**

Thinly slice the pork loin steaks. Divide the pork, cheesy cauliflower-potato mash and veggies between plates. Top with the thyme sauce.

TIP: For kids, follow our serving suggestion in the main photo!

**ENJOY!** 

# **INGREDIENTS**

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olive oil*	refer to method	
potato	3	
cauliflower	1 portion	
carrot	2	
green beans	1 bag (100 g)	
eschalot	1	
thyme	1 bunch	
garlic	2 cloves	
salt*	½ tsp	
grated Parmesan cheese	⅓ packet	
butter*	60 g	
pork loin steaks	1 packet	
plain flour*	1 tsp	
water*	¾ cup	
chicken stock	½ cube	

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
Energy (kJ)	2040kJ (487Cal)	407kJ (97Cal)
Protein (g)	48.8g	9.8g
Fat, total (g)	19.3g	3.9g
- saturated (g)	11.6g	2.3g
Carbohydrate (g)	26.0g	5.2g
- sugars (g)	5.9g	1.2g
Sodium (g)	574mg	115mg

For allergens and ingredient information, visit HelloFresh.co.nz/recipes

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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