



# Seared Pork & Creamy Peppercorn Sauce

with Mashed Potato & Steamed Veggies

Grab your Meal Kit  
with this symbol



Potato



Broccoli



Carrot



Garlic



Black Peppercorns



Chives



Pork Loin  
Steaks



Longlife Cream



Beef-Style  
Stock Powder



Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

This meal should be right at home at your place tonight. A nice piece of pork, smothered in a creamy peppercorn sauce and served with mashed potato and steamed veggies. Sometimes it's hard to beat classic and simple.

## 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 · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
broccoli	1 head	2 heads
carrot	1	2
garlic	1 clove	2 cloves
black peppercorns	1 sachet	1 sachet
chives	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
longlife cream	½ bottle (125ml)	1 bottle (250ml)
beef-style stock powder	1 sachet	1 sachet
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp

\*Pantry Items

## Nutrition

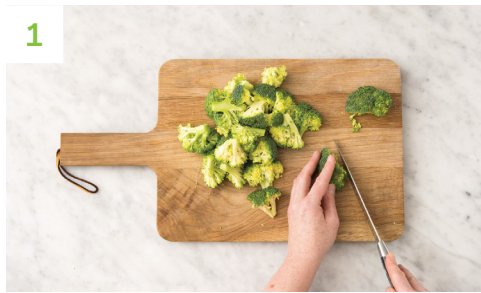
	Per Serving	Per 100g
Energy (kJ)	3490kJ (835Cal)	496kJ (119Cal)
Protein (g)	51.5g	7.3g
Fat, total (g)	49.9g	7.1g
- saturated (g)	29.8g	4.2g
Carbohydrate (g)	39.6g	5.6g
- sugars (g)	9.1g	1.3g
Sodium (mg)	859mg	122mg

## Allergens

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

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

1



## Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Cut the **broccoli** into small florets, then roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into rounds. Finely chop the **garlic**. Crush the **black peppercorns** with a pestle and mortar or in their sachet using a rolling pin. Finely chop the **chives**.

2



## Cook the veggies

Add the **potato** to the boiling water and cook until easily pierced with a knife, **10-15 minutes**. Place a colander or steamer basket over the saucepan, then add the **broccoli** and **carrot**. Cover the veggies with a lid and steam until tender, **5-7 minutes**. Transfer the cooked **broccoli** and **carrot** to a bowl, season to taste and cover to keep warm. When the **potato** is cooked, drain and return to the saucepan. Cover to keep warm.

3



## Cook the pork

While the veggies are cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **pork loin steaks** on both sides with **salt**. When the oil is hot, cook the **pork** until just cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest.

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

4



## Make the sauce

While the pork is resting, return the frying pan to a low heat with a drizzle of **olive oil**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **longlife cream** (see ingredients) and the **beef-style stock powder**. Add the crushed **peppercorns** and cook until thickened slightly and infused with peppercorn flavour, **2-3 minutes**. Stir through the **chives** and any **pork resting juices**. Season to taste with **salt**.

5



## Mash the potato

Add the **butter**, **milk** and the **salt** to the **potato**. Mash with a potato masher or fork until smooth.

6



## Serve up

Divide the pork, steamed veggies and mashed potato between plates. Spoon the creamy peppercorn sauce over the pork and veggies.

## Enjoy!