



# Seared Pork & Creamy Peppercorn Sauce

with Mashed Potato & Garlic Veggies

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Potato



Broccoli



Carrot



Garlic



Black Peppercorns



Cream



Chicken-Style Stock Powder



Pork Loin Steaks



Pork Loin Steaks

### Recipe Update

The recent weather conditions across New Zealand have impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 20-30 mins  
Ready in: 30-40 mins

Infuse a rich and creamy sauce with peppercorns for the perfect topping for tender seared pork loin steaks. With a side of creamy mash and sautéed veggies, this classic meal is simple yet stunning.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Milk

## Before you start

wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Large saucepan · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ cup
broccoli	½ head	1 head
carrot	1	2
garlic	3 cloves	6 cloves
black peppercorns	½ sachet	1 sachet
pork loin steaks	1 packet	1 packet
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	½ sachet (2.5g)	1 sachet (5g)
pork loin steaks**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3030kJ (724Cal)	528kJ (126Cal)
Protein (g)	44.5g	7.7g
Fat, total (g)	42.2g	7.3g
- saturated (g)	26.7g	4.6g
Carbohydrate (g)	42g	7.3g
- sugars (g)	16.9g	2.9g
Sodium (mg)	465mg	81mg

## Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3728kJ (891Cal)	515kJ (123Cal)
Protein (g)	79.9g	11g
Fat, total (g)	44.8g	6.2g
- saturated (g)	27.6g	3.8g
Carbohydrate (g)	42g	5.8g
- sugars (g)	16.9g	2.3g
Sodium (mg)	538mg	74mg

The quantities provided above are averages only.

## 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.



## Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Peel **potato** and cut into large chunks. Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**.
- Drain **potatoes**, then return to the saucepan.
- Add the **butter** and **milk** to **potato**, then season generously with **salt**. Mash until smooth. Cover to keep warm.

**TIP:** Save time and get more fibre by leaving the potato unpeeled.



## Cook the pork

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Season **pork loin steaks** with **salt**.
- When oil is hot, cook **pork** until cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded).
- Transfer to a plate, cover and rest for **5 minutes**.

**Custom Recipe:** If you've doubled your pork loin steaks, cook in batches for the best result.



## Get prepped

- Meanwhile, cut **broccoli** (see ingredients) into small florets, then roughly chop the stalk. Slice **carrot** into thin sticks. Finely chop **garlic**.
- Crush **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.



## Make the sauce

- Wipe out the frying pan, then return to medium heat with a drizzle of **olive oil**. Cook **crushed peppercorns** and remaining **garlic** until fragrant, **1 minute**.
- Add **cream** (see ingredients), **chicken-style stock powder** (see ingredients) and a splash of **water** and cook until thickened, **1-2 minutes**.
- Stir through any **pork resting juices**.



## Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **broccoli**, tossing, until tender, **4-5 minutes**.
- Add 1/2 the **garlic** and cook, tossing, until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.



## Serve up

- Slice seared pork steaks.
- Divide mashed potato, garlic veggies and pork between plates.
- Spoon creamy peppercorn sauce over pork to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

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