



# Pork & Creamy Garlic-Chive Sauce

with Parmesan Fries

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Broccoli



Carrot



Garlic



Chives



Pork Loin Steaks



Pure Cream



Chicken-Style Stock Powder

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

We're not going to lie – this creamy sauce is so good you'll want to slather it over everything! Here, we've teamed it with tender pork loin steaks, pan-fried veggies and moreish Parmesan fries.

## Pantry items

Olive Oil, Butter

## 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

Oven tray lined with baking paper ·  
Medium frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
broccoli	1 head	2 heads
carrot	1	2
garlic	2 cloves	4 cloves
chives	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
butter*	15g	30g
pure cream	½ bottle (150ml)	1 bottle (300ml)
chicken-style stock powder	½ sachet	1 sachet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3190kJ (763Cal)	484kJ (116Cal)
Protein (g)	54.5g	8.3g
Fat, total (g)	43.5g	6.6g
- saturated (g)	25.4g	3.9g
Carbohydrate (g)	33.3g	5.0g
- sugars (g)	7.4g	1.1g
Sodium (mg)	317mg	48mg

### 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. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place on an oven tray lined with baking paper. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**. In the last **5 minutes** of cook time, sprinkle the **grated Parmesan cheese** over the **fries** and bake until melted.

**TIP:** Cut the potato to size so it cooks in time!



### 2. Get prepped

While the fries are baking, cut the **broccoli** into small florets and roughly chop the stalk. Thinly slice the **carrot** (unpeeled) into half-moons. Finely chop the **garlic** (or use a garlic press). Finely chop the **chives**.



### 3. Cook the pork

Season the **pork loin steaks** with **salt** and **pepper**. In a medium frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **pork** 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.



### 4. Cook the veggies

Wipe out the frying pan and return to a medium-high heat with a **drizzle** of **olive oil**. Add the **broccoli**, **carrot** and a **splash** of **water** and cook, tossing, until tender, **5-6 minutes**. Transfer to a bowl and cover to keep warm.



### 5. Cook the sauce

Return the frying pan to a medium heat with the **butter**. Add the **garlic** and cook until fragrant, **30 seconds**. Add the **pure cream** (see ingredients list), **chives**, **chicken-style stock powder** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and a **pinch** of **salt** and **pepper** and cook until thickened, **5-6 minutes**. Stir through any **pork resting juices**.



### 6. Serve up

Thickly slice the pork. Divide the Parmesan fries, veggies and pork between plates. Pour the creamy garlic-chive sauce over the pork.

**Enjoy!**