



# Pork & Creamy Peppercorn Sauce

with Roasted Veggies & Potato Mash

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Chives



Black Peppercorns



Peeled & Chopped Pumpkin



Potato



Pork Loin Steaks



Pure Cream



Beef Stock

**Hands-on:** 25-35 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 roasted veggies. Sometimes it's hard to beat simple and classic.

*Unfortunately, this week's courgette and capsicum were in short supply, so we've replaced them with beetroot and pumpkin. Don't worry, the recipe will be just as delicious!*

### 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 · Oven tray lined with baking paper · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
carrot	1	2
beetroot	1	2
chives	1 bunch	1 bunch
black peppercorns	½ sachet	1 sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
pure cream	½ bottle (150ml)	1 bottle (300ml)
beef stock	½ sachet	1 sachet

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	494kJ (118Cal)
Protein (g)	47.1g	6.7g
Fat, total (g)	49.8g	7.0g
- saturated (g)	29.8g	4.2g
Carbohydrate (g)	45.5g	6.4g
- sugars (g)	17.0g	2.4g
Sodium (mg)	669mg	95mg

### 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. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Slice the **red onion (see ingredients list)** into 2cm wedges. Slice the **carrot** (unpeeled) into 1cm batons. Slice the **beetroot** into 1cm chunks. Finely chop the **chives**. Lightly crush the **black peppercorns (see ingredients list)** in a pestle and mortar or in their sachet using a rolling pin.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 2. Roast the veggies

Place the **peeled & chopped pumpkin, onion, carrot and beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

**TIP:** If the veggies look crowded on one tray, divide them between two trays!



## 3. Make the mash

While the veggies are roasting, 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, milk** and the **salt** to the saucepan and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



## 4. Cook the pork

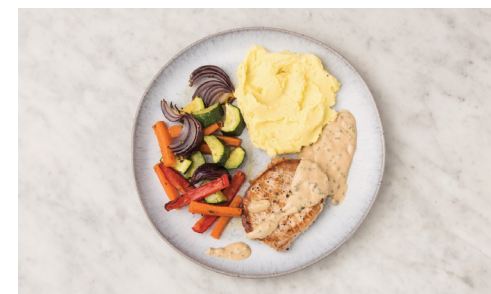
While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. When the oil is hot, add the **pork loin steaks** and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover and set aside to rest.

**TIP:** It's okay to serve pork slightly blushing pink in the centre.



## 5. Make the sauce

While the pork is resting, return the frying pan to a low heat. Add the **pure cream (see ingredients list)**, **beef stock (1/2 sachet for 2 people / 1 sachet for 4 people)** and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **4-5 minutes**. Stir in the **chives** and any **pork resting juices** and season to taste with **salt**.



## 6. Serve up

Divide the roasted veggies, potato mash and pork between plates. Spoon the creamy peppercorn sauce over the pork.

**Enjoy!**