



# Easy Pork Steak & Gravy

with Carrot-Potato Smash & Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic



Garlic & Herb Seasoning



Pork Loin Steaks



Tomato



Mixed Leaves

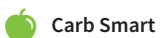


Gravy Granules

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. 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: 15-30 mins  
Ready in: 30-40 mins



This juicy seared pork loin steak and cheat's gravy go perfectly with the vibrant veggie mash and crisp salad. The carrot in the mash keeps the carbs down, and adds a subtle sweet and earthy flavour.

### Pantry items

Olive Oil, Butter, Milk, White Wine Vinegar



## 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	1	2
carrot	2	4
garlic	1 clove	2 cloves
butter* (for the mash)	40g	80g
milk*	2 tbs	¼ cup
garlic & herb seasoning	1 medium sachet	1 large sachet
pork loin steaks	1 small packet	1 large packet
tomato	1	2
white wine vinegar*	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
water*	½ cup	1 cup
butter* (for the sauce)	20g	40g
gravy granules	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2221kJ (531Cal)	491kJ (117Cal)
Protein (g)	36g	8g
Fat, total (g)	29.6g	6.5g
- saturated (g)	18g	4g
Carbohydrate (g)	28.3g	6.3g
- sugars (g)	11.8g	2.6g
Sodium (mg)	953mg	211mg
Dietary Fibre (g)	6g	1.3g

The quantities provided above are averages only.

## Allergens

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

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



## Make the carrot-potato smash

- Bring a medium saucepan of salted water to the boil. Peel **potato** and **carrot** and cut into large chunks. Finely chop **garlic**.
- Cook **potato** and **carrot** in boiling water until easily pierced with a fork, **10-15 minutes**. Drain, then transfer to a bowl.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **garlic**, stirring, until fragrant, **1 minute**. Remove from heat.
- Return cooked **veggies** to pan, then add the **butter (for the mash)**, **milk** and a pinch of **salt**. Lightly mash, then cover to keep warm.



## Make the salad & gravy

- While the pork is resting, roughly chop **tomato**. In a large bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add **tomato** and **mixed leaves**. Toss to combine. Set aside.
- Wipe out frying pan and return to medium-high heat. Cook the **water**, the **butter (for the sauce)** and **gravy granules**, whisking, until smooth and slightly thickened, **2-3 minutes**. Remove from heat.



## Cook the pork

- While the veggies are cooking, in a medium bowl, combine **garlic & herb seasoning** and a drizzle of **olive oil**. Add **pork loin steaks**, turning to coat.
- Heat a drizzle of **olive oil** in a large frying pan over medium-high heat.
- 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**.

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



## Serve up

- Slice the pork steak.
- Divide steak, carrot-potato smash and salad between plates.
- Spoon gravy over steak and veggie smash to serve.

## Enjoy!