



Seared Pork & Creamy Garlic Sauce

with Potato Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Parsley



Pork Loin Steaks



Light Cooking Cream



Grated Parmesan Cheese



Chicken Stock

Hands-on: **20-30 mins**
Ready in: **20-30 mins**

Naturally gluten-free
Not suitable for Coeliacs

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

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 · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter* (for the mash)	30g	60g
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads
parsley	1 bag	1 bag
pork loin steaks	1 small packet	1 large packet
butter* (for the sauce)	20g	40g
light cooking cream	1 packet (150ml)	2 packets (300ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken stock	½ cube	1 cube

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3496kJ (835Cal)	462kJ (110Cal)
Protein (g)	57.8g	7.6g
Fat, total (g)	49.6g	6.6g
- saturated (g)	28.6g	3.8g
Carbohydrate (g)	37g	4.9g
- sugars (g)	11.8g	1.6g
Sodium (mg)	899mg	119mg

Allergens

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

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



1. Make the mash

Bring a medium saucepan of lightly salted water to the boil. 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 (for the mash)**, **milk** and the **salt**, then mash with a potato masher or fork until smooth. Cover to keep warm.



2. Get prepped

While the potato is cooking, finely chop the **garlic** (or use a garlic press). Thinly slice the **carrot** (unpeeled) into half-moons. Chop the **broccoli** into small florets, then roughly chop the stalk. Finely chop the **parsley** leaves.



3. Cook the veggies

In a medium frying pan heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot**, **broccoli** and a **splash of water** and cook, tossing regularly, until softened, **6-8 minutes**. Season with **salt** and **pepper**. Transfer to a bowl and cover to keep warm.



4. Cook the pork

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. When the oil is hot, add the **pork loin steaks** and cook until cooked through, **3-4 minutes each side (depending on thickness)**. Set aside on a plate and cover with foil to rest for **5 minutes**.

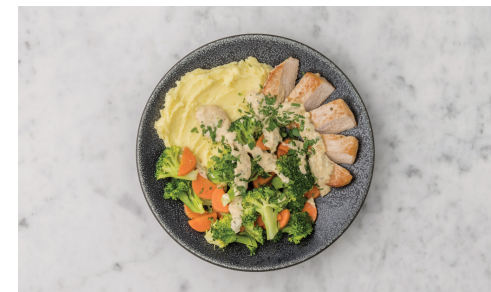
TIP: *Pork can be served slightly blushing pink in the centre.*



5. Make the sauce

Return the frying pan to a medium heat with the **butter (for the sauce)** and **garlic** and cook until fragrant, **30 seconds**. Add the **light cooking cream**, **grated Parmesan cheese**, **parsley** (reserve a pinch for garnish), crumbled **chicken stock (1/2 cube for 2 people / 1 cube for 4 people)**, a **pinch of pepper** and the **resting juices** from the **pork**. Stir to combine. Reduce the heat to low and simmer, until thickened slightly, **1 minute**.

TIP: *If sauce seems too thick, add more water, 1 tsp at a time, until it has your desired consistency.*



6. Serve up

Thickly slice the pork. Divide the seared pork, potato mash and veggies between plates. Top with the creamy garlic sauce and garnish with the reserved parsley.

Enjoy!