



PORK & CREAMY MUSHROOM SAUCE

with Mash & Steamed Veggies



Make a creamy mushroom sauce



Potato



Green Beans



Carrot



Garlic



Pork Loin Steaks



Sliced Mushrooms



Light Cooking Cream



Chicken Stock

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

Naturally gluten-free
Not suitable for Coeliacs

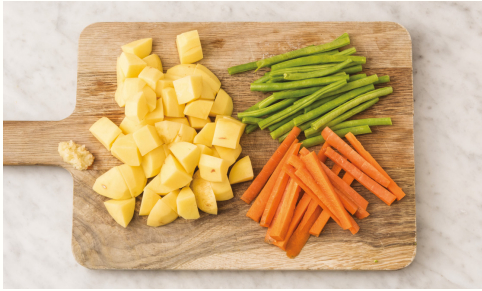
There's something magical about this mushroom sauce – it's loaded with umami, that savoury fifth taste, which makes it totally irresistible! Spoon it over tender pork steaks and add some fluffy mash for an unbelievably delicious dinner.

Pantry Staples: Olive Oil, Milk, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **large frying pan**



1 PREP THE VEGGIES

Bring a medium saucepan of salted water to the boil. Peel and cut the **potato** into 2cm pieces. Trim the **green beans**. Cut the **carrot** (unpeeled) into thin batons. Finely chop the **garlic** (or use a garlic press).



2 COOK THE VEGGIES

Add the **potato** to the saucepan of boiling water and cook for **5 minutes**. Place a colander or steamer basket on top of the saucepan and add the **carrot**. Cover with a lid and steam until the carrot has softened, **4 minutes**. Add the **green beans** to the carrot and continue cooking until the veggies are tender and the potato can be easily pierced with a knife, **4-5 minutes**. Transfer the **veggies** to a bowl and season with **salt** and **pepper**. Drain the **potato** and return to the saucepan. Cover to keep warm.



3 COOK THE PORK

While the potato is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season the **pork loin steaks** on both sides with **salt** and **pepper** and add to the hot pan. Cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate, cover with foil and set aside to rest for **5 minutes**.



4 MAKE THE MUSHROOM SAUCE

Return the pan to a high heat with a **drizzle of olive oil**. Add the **sliced mushrooms** and cook until well browned, **5-6 minutes**. Reduce the heat to low and add the **garlic**. Cook, stirring, until fragrant, **1 minute**. Add the **light cooking cream**, crumbled **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and any **pork resting juices** and stir to combine. Simmer until slightly reduced, **2-3 minutes**. Season to taste with **salt** and **pepper**.



5 MASH THE POTATO

Add the **milk**, **salt**, **butter** and a **pinch of pepper** to the saucepan with the **potato**. Mash with a potato masher or fork until smooth.



6 SERVE UP

Thickly slice the pork. Divide the mash, sliced pork and veggies between plates. Spoon the creamy mushroom sauce over the pork.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

| | 2P | 4P |
|---------------------|------------------|-------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| green beans | 1 bag (100g) | 1 bag (200g) |
| carrot | 1 | 2 |
| garlic | 1 clove | 2 cloves |
| pork loin steaks | 1 packet | 1 packet |
| sliced mushrooms | 1 bag (150g) | 1 bag (300g) |
| light cooking cream | 1 packet (150ml) | 2 packets (300ml) |
| chicken stock | ½ cube | 1 cube |
| milk* | 2 tbs | ½ cup |
| salt* | ¼ tsp | ½ tsp |
| butter* | 40g | 80g |

*Pantry Items

| NUTRITION | PER SERVING | PER 100G |
|------------------|-----------------|----------------|
| Energy (kJ) | 2780kJ (664Cal) | 419kJ (100Cal) |
| Protein (g) | 48.5g | 7.3g |
| Fat, total (g) | 36.1g | 5.4g |
| - saturated (g) | 22.3g | 3.4g |
| Carbohydrate (g) | 35.9g | 5.4g |
| - sugars (g) | 9.8g | 1.5g |
| Sodium (g) | 472mg | 71mg |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2019 | WK48