



Pork & Creamy Peppercorn Sauce

with Sweet Potato Mash & Veggies

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Green Beans
-  Carrot
-  Garlic
-  Chives
-  Black Peppercorns
-  Pork Loin Steaks
-  Light Cooking Cream
-  Beef-Style Stock Powder

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!

 Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

 Calorie Smart

Infuse a rich and creamy sauce with peppercorns for the perfect topping for tender seared pork loin steaks. With a side of creamy mash and lightly steamed veggies, you can't go wrong with this classic meal.

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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
green beans	1 medium bag	1 large bag
carrot	1	2
garlic	1 clove	2 cloves
chives	1 bag	1 bag
black peppercorns	1 sachet	2 sachets
pork loin steaks	1 small packet	1 large packet
light cooking cream	1 medium packet	1 large packet
beef-style stock powder	1 medium sachet	1 large sachet
butter*	20g	40g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2615kJ (625Cal)	413kJ (98Cal)
Protein (g)	45.5g	7.2g
Fat, total (g)	29.3g	4.6g
- saturated (g)	15g	2.4g
Carbohydrate (g)	41g	6.5g
- sugars (g)	12.3g	1.9g
Sodium (mg)	2503mg	395mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

Bring a medium saucepan of salted water to the boil. Peel the **sweet potato** and cut into large chunks. Trim the **green beans**. Thinly slice the **carrot** into rounds. Finely chop the **garlic**. Finely chop the **chives**. Crush the **black peppercorns** in their sachet with a rolling pin (or use a mortar and pestle).



Make the sauce

While the pork is resting, return the frying pan to a low heat with a drizzle of **olive oil**. Cook the **garlic** until fragrant, **1 minute**. Add the **light cooking cream**, **beef-style stock powder** and crushed **peppercorns**. Cook, stirring, until heated through and the peppercorn flavour has infused, **3 minutes**. Stir through the **chives** and any **pork resting juices**. Season with salt to taste.



Cook the veggies

Cook the **sweet potato** in the boiling water until easily pierced with a fork, **10-15 minutes**. In the last **6 minutes** of cook time, place a colander or steamer basket on top and add the **green beans** and **carrot**. Cover and steam until tender, **4-6 minutes**. Transfer to a bowl and season with **salt** and **pepper**. Set aside and cover to keep warm. Drain the **sweet potato**, then return to the pan and cover to keep warm.



Mash the sweet potato

To the saucepan with the **sweet potato**, add the **butter** and season generously with **salt**. Mash until smooth.



Cook the pork

While the veggies are cooking, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **pork loin steaks** with **salt** on both sides. When the oil is hot, cook the **pork** until just cooked through, **3-4 minutes** each side (cook in batches if your pan is getting crowded). Transfer to a plate. Cover and set aside to rest for **5 minutes**.

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



Serve up

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

Enjoy!

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