



PORK & CREAMY PEPPERCORN SAUCE

with Roasted Veggies & Mash



Make a peppercorn sauce



Zucchini



Red Onion



Carrot



Red Capsicum



Black Peppercorns



Potato



Pork Loin Steaks



Thickened Cream



Beef Stock

Hands-on: **25 mins**
 Ready in: **40 mins**
 Naturally gluten-free
Not suitable for Coeliacs

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 roast veggies. Sometimes it's hard to beat simple and classic.

Pantry Staples: Olive Oil, Butter, Milk

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**
- **oven tray** lined with **baking paper**
- **large frying pan**



1 PREP THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Cut the **zucchini** into 2cm chunks. Slice the **red onion** into 2cm wedges. Slice the **carrot** (unpeeled) into 1cm batons. Slice the **red capsicum** into 1cm strips. Lightly crush the **black peppercorns** in a pestle and mortar or using a rolling pin.



2 ROAST THE VEGGIES

Place the **zucchini, onion, carrot** and **capsicum** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and sprinkle with the **salt (for the veggies)** and a **pinch of pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**. **TIP:** *If the veggies are 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 **salt (for the mash)** 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 **thickened cream**, **1 crumbled beef stock** cube and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **3 minutes**. Stir in 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 adults' portions. **TIP:** *For the kids, see our serving suggestion in the main photo!*

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
zucchini	2
red onion	1
carrot	2
red capsicum	2
black peppercorns	1 sachet
salt* (for the veggies)	¼ tsp
potato	4
butter*	60 g
milk*	½ cup
salt* (for the mash)	½ tsp
pork loin steaks	1 packet
thickened cream	2 packets (300 ml)
beef stock	1 cube

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3150kJ (753Cal)	410kJ (98Cal)
Protein (g)	47.3g	6.2g
Fat, total (g)	42.1g	5.5g
- saturated (g)	26.2g	3.4g
Carbohydrate (g)	42.3g	5.5g
- sugars (g)	13.0g	1.7g
Sodium (g)	757mg	98mg

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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