



Pan-Fried Pork & Creamy All-American Sauce

with Veggies & Potato Mash

Grab your Meal Kit with this symbol



Potato



Baby Broccoli



Carrot



Garlic



All-American Spice Blend



Chicken-Style Stock Powder



Pork Loin Steaks



Cream

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: 25-35 mins
Ready in: 35-45 mins

It's pork for dinner tonight and this recipe won't disappoint. Pan-fry the pork to get that golden coating and drizzle over an All-American spice blend sauce with a creamy texture. Grab a helping of buttered mashed potatoes and veggies to round out the meal and give it that classic combo hit.

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

Large saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
butter*	20g	40g
milk*	2 tbs	¼ cup
baby broccoli	1 bag	1 bag
carrot	1	2
garlic	1 clove	2 cloves
pork loin steaks	1 packet	1 packet
All-American spice blend	1 sachet	1 sachet
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2784kJ (665Cal)	450kJ (108Cal)
Protein (g)	45.3g	7.3g
Fat, total (g)	34.6g	5.6g
- saturated (g)	21.3g	3.4g
Carbohydrate (g)	42.2g	6.8g
- sugars (g)	19.3g	3.1g
Sodium (mg)	1254mg	203mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Make the mash

- Boil the kettle. Half-fill a large saucepan with boiling **water**.
- Peel **potato** and cut into large chunks.
- Cook **potato** in the boiling water over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter** and **milk** to **potato** and season generously with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Cook the pork

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

TIP: Don't worry if the spice blend chars a little in the pan, this adds to the flavour!



Get prepped

- Meanwhile, trim **baby broccoli**. Slice **carrot** into thin sticks. Finely chop **garlic**.
- In a medium bowl, combine **pork loin steaks**, 1/2 the **All-American spice blend**, a drizzle of **olive oil** and a pinch of **salt**.



Make the sauce

- Wipe out and return the frying pan to medium heat with a drizzle of **olive oil**. Add the remaining **All-American spice blend** and cook, stirring, until fragrant, **1 minute**.
- Stir through **cream** (see ingredients), **chicken-style stock powder** and any **pork resting juices** and simmer until thickened slightly, **1-2 minutes**.



Cook the veggies

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **carrot**, tossing, until tender, **5-6 minutes**.
- Add **garlic** and cook until fragrant, **1 minute**. Season with **salt** and **pepper**. Transfer to a medium bowl and cover to keep warm.



Serve up

- Thickly slice pork.
- Divide potato mash, veggies and pan-fried pork between plates.
- Spoon over All-American sauce to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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