



# Seared Pork & Creamy Garlic-Herb Sauce

## with Potato Mash & Veggies

Grab your Meal Kit with this symbol



Potato



Garlic



Carrot



Broccoli



Parsley



Pork Loin Steaks



Pure Cream



Grated Parmesan Cheese



Chicken Stock

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

Infuse a rich and creamy sauce with garlic and parsley for the perfect topping on tender seared pork loin steaks. With a side of creamy mash and pan-fried veggies, this classic meal is simple yet stunning.

### 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 with a lid · Medium frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
butter* (for the mash)	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
garlic	1 clove	2 cloves
carrot	1	2
broccoli	1 head	2 heads
parsley	1 bunch	1 bunch
pork loin steaks	1 packet	1 packet
butter* (for the sauce)	20g	40g
pure cream	½ bottle (150ml)	1 bottle (300ml)
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
chicken stock	½ sachet	1 sachet

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	3920kJ (936Cal)	559kJ (134Cal)
Protein (g)	55.4g	7.9g
Fat, total (g)	62.2g	8.9g
- saturated (g)	38.1g	5.4g
Carbohydrate (g)	34.4g	4.9g
- sugars (g)	8.6g	1.2g
Sodium (mg)	678mg	97mg

## Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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** and mash with a potato masher or fork until smooth. Cover with a lid 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). Transfer to a plate and cover with foil to rest for **5 minutes**.

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



## 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. Cut the **broccoli** into small florets and roughly chop the stalk. Finely chop the **parsley** leaves.



## 5. Make the sauce

Return the frying pan to a medium heat with the **butter (for the sauce)**. Add the **garlic** and cook until fragrant, **30 seconds**. Add the **pure cream (see ingredients list)**, **grated Parmesan cheese**, **parsley** (reserve a pinch for garnish!), **chicken stock (1/2 sachet for 2 people / 1 sachet for 4 people)**, a **pinch of pepper** and any **pork resting juices** and stir to combine. Reduce the heat to low and simmer until thickened slightly, **5-6 minutes**.



## 3. Cook the veggies

In a medium frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **carrot** and **broccoli** and cook, tossing regularly, until tender, **5-6 minutes**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



## 6. Serve up

Thickly slice the pork steaks. Divide the mash, veggies and pork between plates. Top with the creamy garlic sauce. Garnish with the reserved parsley.

## Enjoy!