



# PORK & CREAMY MUSHROOM SAUCE

with Mash & Steamed Veggies



Make a creamy mushroom sauce



Potato



Green Beans



Carrot



Garlic



Button Mushrooms



Pork Loin Steaks



Pure Cream



Chicken Stock

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

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 chunks. Trim the **green beans**. Cut the **carrot** (unpeeled) into thin batons. Finely chop the **garlic** (or use a garlic press). Thinly slice the **button mushrooms**.



## 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 **carrot** and **green beans** 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, in a large frying pan, heat a **drizzle** of **olive oil** 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). Set aside on a plate and cover with foil 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 browned, **5-6 minutes**. Reduce the heat to low and add the **garlic**. Cook, stirring, until fragrant, **1 minute**. Add the **pure cream** (see **ingredients list**) and **chicken stock** (**1/2 sachet for 2 people / 1 sachet for 4 people**) and any **resting juices** from the **pork** and stir to combine. Simmer until slightly reduced, **5-6 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, 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	3	6
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
garlic	1 clove	2 cloves
button mushrooms	1 punnet (250g)	1 punnet (400g)
pork loin steaks	1 packet	2 packets
pure cream	½ bottle (150ml)	1 bottle (300ml)
chicken stock	½ sachet	1 sachet
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
butter*	40g	80g

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3390kJ (810Cal)	492kJ (118Cal)
Protein (g)	48.5g	7.1g
Fat, total (g)	49.7g	7.2g
- saturated (g)	29.8g	4.3g
Carbohydrate (g)	38.2g	5.5g
- sugars (g)	8.9g	1.3g
Sodium (g)	468mg	68mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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