



Pork Steak

with Creamy Mash and Peppercorn Sauce

FAMILY Hands on Time: 20 Minutes • Total Time: 35 Minutes • Little Heat • 2 of your 5 a day



Potato



Broccoli



Echalion Shallot



Pork Steak



Rosemary



Black Peppercorns



Chicken Stock Powder



Crème Fraîche

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Two Large Saucepan, Colander, Frying Pan and Measuring Jug.

Ingredients

| | 2P | 3P | 4P |
|----------------------|--------------|--------------|---------------|
| Potato** | 1 small pack | 1 large pack | 2 small packs |
| Broccoli** | 1 | 1 | 2 |
| Echalion Shallot** | 1 | 1 | 2 |
| Pork Steak** | 2 | 3 | 4 |
| Rosemary** | ½ bunch | ¾ bunch | 1 bunch |
| Black Peppercorns | ½ pot | ¾ pot | 1 pot |
| Chicken Stock Powder | 1 sachet | 1½ sachets | 2 sachets |
| Water for the Sauce* | 100ml | 150ml | 200ml |
| Crème Fraîche 7)** | 75g | 100g | 150g |

*Not Included ** Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 591g | 100g |
| Energy (kJ/kcal) | 2163 / 517 | 366 / 88 |
| Fat (g) | 18 | 3 |
| Sat. Fat (g) | 10 | 2 |
| Carbohydrate (g) | 49 | 8 |
| Sugars (g) | 5 | 1 |
| Protein (g) | 40 | 7 |
| Salt (g) | 0.94 | 0.16 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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You can recycle me!



Packed in the UK



1. Prep the Veggies

Preheat your oven to 200°C and put two large saucepans of **water** with ¼ tsp of **salt** in each on to boil for the **potato** and **broccoli**. Chop the **potatoes** into roughly 2cm chunks (no need to peel). Separate the **broccoli** into florets (like small trees). Halve, peel and chop the **shallot** into small pieces.



4. Make the Sauce

Meanwhile, heat a splash of **oil** in your now empty frying pan on medium heat and add the **shallot**. Fry until soft, about 4 mins. In the meantime, put the **black peppercorns** in a freezer bag, lightly crush them using a heavy pan. Add them to the **shallot** along with the **chicken stock powder** and **water** (see ingredients for amount). Bring to the boil and bubble away until reduced by half (add a splash of **water** if it gets a bit thick!).



2. Boil the Potato

Pop the **potato** into one of the pans of boiling water and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander and return to the pan off the heat, with a lid on (or cover with some foil).



5. Now the Broccoli

While the sauce is reducing, add the **broccoli** to your second pan of boiling **water**. Cook until tender, 4 mins - it should still have a bit of a bite! Drain in the colander.



3. Cook the Pork

Meanwhile put a frying pan on high heat (no oil). Rub each **pork steak** with **oil** and season with **salt** and **pepper**. When the pan is hot, fry the **pork**, 1-2 mins each side. Transfer to a baking tray (keep the pan for later) and top with the **rosemary sprigs**. Cook on the top shelf of your oven for 8-10 mins. **IMPORTANT:** The **pork** is cooked when it is no longer pink in the middle. Once cooked, remove from your oven, cover with foil and set aside to rest.



6. Mash the Potato

Season the **potato** with **salt** and **pepper** and mash until smooth. **TIP:** Add a splash of milk and a knob of butter (if you have some). Stir the **crème fraîche** into the **peppercorn** sauce and warm through gently. Once combined, remove from the heat. Serve the **mash** topped with the **pork** and **peppercorn sauce**, with some **broccoli** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.