



# ROASTED PORK MEDALLION

with Sweet Potato Mash and Peppercorn Sauce



## HELLO PEPPERCORNS

*During the Middle Ages, peppercorns were worth more by weight than silver.*



Pork Medallion



Sweet Potato



Broccoli



Black Peppercorns



Water



Beef Stock Pot



Creme fraiche

MEAL BAG

Hands on **20** mins  
Total **40** mins

**5** of your **5** a day

Family Box

You should never underestimate the power of a good sauce, and this recipe is a case in point. Although peppercorn sauce is traditionally served with steak, we think it makes the perfect accompaniment to tonight's roasted pork medallion. When we discovered how easy it was to make, we started looking for ways to use it at every opportunity - we think you'll start doing the same.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Peeler**, **Pestle and Mortar**, two **Baking Trays**, a **Frying Pan**, some **Foil**, a **Measuring Jug**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 DO THE PREP

Preheat your oven to 180°C and put a large saucepan of water on to boil for the sweet potato. Take the **pork** out of your fridge so it can come to room temperature. Peel the **sweet potato** and chop into roughly 2cm cubes. Chop the **broccoli** into florets (little trees!). Crush the **black peppercorns** in a pestle and mortar. **★ TIP: If you don't have a pestle and mortar you can put them in a freezer bag and whack them with a rolling pin!**



### 4 ROAST THE PORK

Transfer the **pork** to another baking tray and roast on the top shelf of your oven for about 10 mins. **★ TIP: Don't wash your pan as we'll use it to make the sauce tastier later.** Once cooked, take the **pork** out of your oven, cover loosely with foil and leave to rest for a few mins. **★ TIP: The pork is cooked when it is no longer pink in the middle.**



### 2 COOK THE VEGGIES

Cook the **sweet potato** in your pan of boiling water until soft, 15-20 mins. Meanwhile, add the **broccoli** to a baking tray. Drizzle over a splash of **oil**, a pinch of **salt** and a good grind of **pepper**. Roast on the middle shelf of your oven until crispy, 15-20 mins.



### 5 MASH THE POTATO

When the **sweet potato** is soft, reserve some of the **sweet potato cooking water** in a measuring jug, (amount specified in the ingredient list), then drain the **sweet potato** in a colander and pop it back in the pan. Mash until smooth, then stir in a knob of **butter** (if you have some), along with a pinch of **salt** and **black pepper**. Cover with a lid to keep warm.



### 3 SEAR THE PORK

Season the **pork** with a good pinch of **salt** and a grind of **black pepper**. Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pork** and cook until nicely browned, 2 mins on each side.



### 6 MAKE THE SAUCE

Put your now empty frying pan back on medium-high heat. Add the **reserved water**. Stir in the **beef stock pot** and crushed **peppercorns**. Simmer until reduced by half, 5 mins. Take off the heat and mix in the **crème fraîche**. Slice the **pork** and serve with the **roasted broccoli**, **sweet potato mash** and a drizzle of **peppercorn sauce**. **Enjoy!**

## 4 PEOPLE INGREDIENTS

Pork Medallion	4
Sweet Potato, chopped	2
Broccoli, florets	2
Black Peppercorns, crushed	1 tsp
Reserved Sweet Potato Water*	200ml
Beef Stock Pot	1
Crème Fraîche 7)	1 small pot

\*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	530	87
(kJ)	2251	367
Fat (g)	12	2
Sat. Fat (g)	7	1
Carbohydrate (g)	64	10
Sugars (g)	20	3
Protein (g)	47	8
Salt (g)	1.62	0.26

### ALLERGENS

7) Milk

**Beef Stock Pot:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black pepper

### THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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