



# SEARED PORK & CHEESY CAULIFLOWER-POTATO MASH

with Thyme Sauce & Steamed Veggies



Add hidden veggies  
to a potato mash



Potato



Cauliflower



Carrot



Green Beans



Eschalot



Thyme



Garlic



Grated Parmesan  
Cheese



Pork Loin  
Steaks



Chicken Stock

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

Low calorie

We love this mash – with creamy potato plus cauliflower it gives loads of nutrition without anyone knowing the difference. And tender pork steaks and a rich thyme sauce are the perfect accompaniment for this meal that will satisfy the little and big eaters in the family.

**Pantry Staples:** Olive Oil, Butter, Plain Flour

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- large saucepan
- large frying pan



## 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel the **potato** and cut into 1cm chunks. Cut the **cauliflower** into 1cm chunks. Thinly slice the **carrot** (unpeeled) into 0.5cm rounds. Trim the **green beans**. Thinly slice the **eschalot**. Pick the **thyme** leaves. Finely chop the **garlic** (or use a garlic press).



## 2 COOK THE VEGGIES

Add the **potato** and **cauliflower** to the saucepan of boiling water. Cook for **15 minutes**, or until tender when pierced with a knife. Place a colander or steamer basket over the saucepan and add the **carrot** and **green beans**. Cover with a lid and steam for **6-8 minutes** or until tender. Transfer the carrot and green beans to a bowl and season with **salt** and **pepper**. Toss to coat and cover to keep warm.



## 3 MAKE THE CAULIFLOWER MASH

Drain the cooked **potato** and **cauliflower** and return to the saucepan. Add the **salt**, **grated Parmesan cheese** and **1/2 the butter** and mash using a potato masher or fork until almost smooth. Season to taste with **salt** and **pepper**. Cover to keep warm. **TIP:** *It's fine if your cauliflower doesn't get as smooth as the potato, it gives the mash a hearty texture!*



## 4 COOK THE PORK

In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Pat the **pork steaks** dry with paper towel and season both sides with **salt** and **pepper**. When the oil is hot, add the pork to the pan and cook for **3-4 minutes** on each side (depending on thickness), or until cooked through. Transfer to a plate to rest. **TIP:** *Pork can be served slightly blushing in the centre. If your pan is crowded, cook in batches for the best results!*



## 5 MAKE THE SAUCE

Return the large frying pan to a medium heat with the **remaining butter**. Add the **eschalot**, **thyme** and **garlic** and cook for **1-2 minutes** or until fragrant. Add the **plain flour** and cook, stirring, for **1 minute**. Add **3/4 cup of water**, crumble in **1/2 cube chicken stock** and add any **resting juices** from the pork. Scrape the base of the pan and simmer, stirring, for **3-4 minutes** or until thickened. Season to taste with **pepper**.



## 6 SERVE UP

Thinly slice the pork loin steaks. Divide the pork, cheesy cauliflower-potato mash and veggies between plates. Top with the thyme sauce.

**TIP:** *For kids, follow our serving suggestion in the main photo!*

# ENJOY!

# 4-5 PEOPLE INGREDIENTS

	4-5P
olive oil*	refer to method
potato	3
cauliflower	1 portion
carrot	2
green beans	1 bag (100 g)
eschalot	1
thyme	1 bunch
garlic	2 cloves
salt*	½ tsp
grated Parmesan cheese	2 packets (60 g)
butter*	60 g
pork loin steaks	1 packet
plain flour*	1 tsp
water*	¾ cup
chicken stock	½ cube

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2040kJ (487Cal)	408kJ (97Cal)
Protein (g)	48.3g	9.7g
Fat, total (g)	18.2g	3.6g
- saturated (g)	11.9g	2.4g
Carbohydrate (g)	25.8g	5.2g
- sugars (g)	5.7g	1.1g
Sodium (g)	568mg	114mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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