



Pork & Creamy Peppercorn Sauce

with Roasted Veggies & Potato Mash

Grab your Meal Kit with this symbol



Red Onion



Carrot



Beetroot



Chives



Black Peppercorns



Peeled & Chopped Pumpkin



Potato



Pork Loin Steaks



Pure Cream



Beef Stock

Hands-on: **25-35** mins
Ready in: **35-45** mins

This meal should be right at home at your place tonight. A nice piece of pork, smothered in a creamy peppercorn sauce and served with mashed potato and roasted veggies. Sometimes it's hard to beat simple and classic.

Unfortunately, this week's courgette and capsicum were in short supply, so we've replaced them with beetroot and pumpkin. Don't worry, the recipe will be just as delicious!

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 · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½	1
carrot	1	2
beetroot	1	2
chives	1 bunch	1 bunch
black peppercorns	½ sachet	1 sachet
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
potato	2	4
butter*	40g	80g
milk*	2½ tbs	½ cup
salt*	¼ tsp	½ tsp
pork loin steaks	1 packet	1 packet
pure cream	½ bottle (150ml)	1 bottle (300ml)
beef stock	½ sachet	1 sachet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3490kJ (834Cal)	494kJ (118Cal)
Protein (g)	47.1g	6.7g
Fat, total (g)	49.8g	7.0g
- saturated (g)	29.8g	4.2g
Carbohydrate (g)	45.5g	6.4g
- sugars (g)	17.0g	2.4g
Sodium (mg)	669mg	95mg

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. Prep the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil. Slice the **red onion (see ingredients list)** into 2cm wedges. Slice the **carrot** (unpeeled) into 1cm batons. Slice the **beetroot** into 1cm chunks. Finely chop the **chives**. Lightly crush the **black peppercorns (see ingredients list)** in a pestle and mortar or in their sachet using a rolling pin.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



2. Roast the veggies

Place the **peeled & chopped pumpkin, onion, carrot and beetroot** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat, then spread out in a single layer and roast until tender, **25-30 minutes**.

TIP: If the veggies look crowded on one tray, divide them between two trays!



3. Make the mash

While the veggies are roasting, 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, milk** and the **salt** to the saucepan and mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



4. Cook the pork

While the potato is cooking, heat a **drizzle** of **olive oil** in a large frying pan over a medium-high heat. 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, cover and set aside to rest.

TIP: It's okay to serve pork slightly blushing pink in the centre.



5. Make the sauce

While the pork is resting, return the frying pan to a low heat. Add the **pure cream (see ingredients list)**, **beef stock (1/2 sachet for 2 people / 1 sachet for 4 people)** and crushed **peppercorns** and cook until warmed and infused with peppercorn flavour, **4-5 minutes**. Stir in the **chives** and any **pork resting juices** and season to taste with **salt**.



6. Serve up

Divide the roasted veggies, potato mash and pork between plates. Spoon the creamy peppercorn sauce over the pork.

Enjoy!