



TARRAGON PORK LOIN

with Garlic-Sweet Potato & Greens



Make a tarragon sauce



Sweet Potato



Broccoli



Tarragon



Pork Loin



Chicken Stock



Sour Cream



Garlic

Pantry Staples: Olive Oil, Butter, Hot Water

Hands-on: **25** mins
Ready in: **30** mins

Naturally gluten-free

Low calorie

We've combined these succulent pork loins with a divine tarragon sauce that'll blow the socks off the people 'round your dinner table. The trick here is to make sure your pork isn't overcooked - we like to leave it just ever so slightly pink in the middle to enjoy all the juicy deliciousness!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium frying pan** with a **lid, wooden spoon, large frying pan, tongs, plate** and **foil**.



1 GET PREPPED

Chop the **sweet potato** (unpeeled) into 1 cm cubes. **TIP:** *Chopping the vegetables into small cubes ensures they cook in the allocated time.* Cut the **broccoli** into small florets and roughly chop the stalk. Pick and finely chop the **tarragon** leaves. **TIP:** *Tarragon has a slight aniseed flavour so use less if you are not a fan!* Peel and crush the **garlic**.



4 COOK THE BROCCOLI

Return the large frying pan to a medium-high heat and add the **butter** and a **small drizzle of olive oil**. **TIP:** *The butter stops the oil from burning.* Add the **broccoli** and cook, stirring, for **4-5 minutes**, or until tender. Add the **remaining garlic** and cook for **1 minute**, or until fragrant. Season to taste with a **pinch of salt** and **pepper**. Transfer to the pan with the sweet potato.



2 COOK THE GARLIC-SWEET POTATO

Add enough olive oil to coat the base of a medium frying pan on a medium-high heat. Add the **sweet potato** and cook, covered with a lid, for **10-12 minutes**. After **5 minutes**, remove the lid, stir the sweet potato and continue to cook until tender. Add **1/2** the **garlic** and cook for **1 minute**, or until fragrant. Season to taste with a **pinch of salt** and **pepper**. **TIP:** *Covering the frying pan allows the steam to cook the potato quicker.*



5 MAKE THE TARRAGON SAUCE

Add the **hot water** (**check the ingredients list for the amount**) to the large frying pan over a medium-high heat. Crumble in the **chicken stock** cube (**use suggested amount**) and add the **tarragon**. Stir to dissolve the stock cube and reduce the heat to medium-low. Simmer for **3 minutes**, or until the liquid reduces by a third. Remove from the heat, add the **sour cream** (**use suggested amount**) and stir until well combined.

TIP: *Stir constantly to avoid curdling.*

Return to a low heat for **1 minute** and stir until warmed through.



3 COOK THE PORK STEAKS

While the sweet potato is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Season the **pork loin** steaks on both sides with a **pinch of salt** and **pepper** and cook for **3-4 minutes** on each side (depending on thickness), or until cooked through. **TIP:** *It's okay to serve pork slightly blushing in the centre.* Set aside on a plate covered with foil to rest for a few minutes.



6 SERVE UP

Divide the garlic-sweet potato, the broccoli and the pork loin between plates. Spoon the tarragon sauce over the pork and broccoli.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
broccoli	1 head	2 heads
tarragon	1 bunch	1 bunch
garlic	2 cloves	4 cloves
pork loin	1 packet	1 packet
butter*	20 g	40 g
hot water*	1/2 cup	3/4 cup
chicken stock	1/2 cube	1 cube
sour cream	1/2 tub (100 ml)	1 tub (200 ml)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2270kJ (542Cal)	359kJ (88Cal)
Protein (g)	48.6g	7.9g
Fat, total (g)	22.1g	3.6g
- saturated (g)	9.7g	1.6g
Carbohydrate (g)	32.4g	5.5g
- sugars (g)	15.1g	2.5g
Sodium (g)	166mg	27mg

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

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Hello@HelloFresh.com.au

2018 | WK6 | C

