






Cooking Made Easy

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Roasted Pork Loin, Sweet Potato Mash & Creamy Sauce

We've taken the best pork loin we could lay our hands on from our Butcher Nick 'The Knife' and teamed it up with super nutritious sweet potato mash. If you've got peppercorns in the cupboard then given them a whack and add them to your sauce - or otherwise you can leave them out - it'll still taste crazy good!



40 min



gluten free



healthy



Sweet Potato



Pork Loin



Crème Fraîche



Broccoli Florets



Beef Stock Pot

Ingredients

	2P	4P
Sweet Potato, chopped	2 cups	4 cups
Pork Loin	1	2
Crème Fraîche 1	3 tbsp	6 tbsp
Broccoli Florets	1 cup	2 cups
Beef Stock Pot	½	1

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Milk

Nutrition per serving: Calories: 499 kcal | Protein: 39 g | Carbs: 21 g | Fat: 28 g | Saturated Fat: 11 g



1 Take the pork out of the fridge to come to room temperature. Boil a large pot of water with ½ tsp of salt and pre-heat your oven to 180 degrees. Peel the sweet potato and cut into rough 2cm cubes. Separate the broccoli florets from the stalk (you can also peel, chop and cook the stalk).



2 Boil the sweet potato for around 10-15 mins or until soft. Lift the potatoes from the water once done and keep the water for the broccoli. Mash the sweet potatoes with a good pinch of salt and pepper. Stir through a tsp of butter (if you have some) or a tbsp of crème fraîche.



3 Meanwhile cover your pork fillet with a good pinch of salt and pepper. Heat 1 tbsp of olive oil in a frying pan on medium-high heat. Once the oil is hot add in the pork fillet and cook for a couple of mins on each side until it has nicely browned off.



4 Transfer the fillet to a baking tray and cook in the oven for 15 mins. **Tip:** Do not wash up your frying pan as we'll use it to make your sauce tastier later. Once cooked, take it out of the

oven and leave it to rest for a few mins.

5 Cook the broccoli in the water left over from the potatoes (if you need to top it up a little bit that's ok). Cook for a few mins and then remove from the water. Save some water for your sauce!

6 To make your sauce put your used frying pan back on medium-high heat. Once it gets hot add 200ml of the water from the broccoli and stir in ½ the stock pot. Once the sauce reduces by half, take it from the heat and let it cool for 2 mins. Stir through 2 tbsp of crème fraîche.

7 If you want to spice up your sauce, crush ½ tsp of your own black peppercorns in a pestle and mortar. **Tip:** If you don't have a pestle and mortar you can put them in clingfilm and whack them with a pan. Add the crushed peppercorns to your sauce at the same time as the stock.

8 Slice the pork and serve everything straight away with your sauce. YUM!