



Pork Steaks and Peppercorn Sauce with Mashed Potatoes and Broccoli

Calorie Smart 35 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

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Potatoes



Broccoli



Echalion Shallot



Pork Steak



Rosemary



Cracked Black Pepper



Chicken Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Colander, Potato Masher, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Broccoli**	1	1	2
Echalion Shallot**	1	1	2
Pork Steak**	2	3	4
Rosemary**	½ bunch	¾ bunch	1 bunch
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Creme Fraiche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	589g	100g
Energy (kJ/kcal)	2230/533	379/91
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	48	8
Sugars (g)	7	1
Protein (g)	41	7
Salt (g)	1.11	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Prep the Veggies

Preheat your oven to 200°C and put two large saucepans of **water** with **¼ tsp of salt** in each on to boil for the **potatoes** and **broccoli**. Chop the **potatoes** into roughly 2cm chunks (peel first if you prefer). Separate the **broccoli** into florets (like small trees). Halve, peel and chop the **shallot** into small pieces.



Make the Sauce

Meanwhile, heat a splash of **oil** in your (now empty) frying pan on medium heat and add the **shallot**. Fry until soft, 3-4 mins. Add the **crushed peppercorns** to the **shallot** along with the **chicken stock paste** and **water** (see ingredients for amount). Bring to the boil and bubble away until reduced by half.



Boil the Potatoes

Pop the **potatoes** into one of the pans of boiling **water** and cook until you can easily slip a knife through, 15-20 mins. Once cooked, drain in a colander and return to the pan off the heat, with a lid on (or cover with some foil).



Cook the Broccoli

While the sauce is reducing, add the **broccoli** to your second pan of boiling **water**. Cook until tender, 4-5 mins - it should still have a bit of a bite. Once cooked, drain in the colander.



Cook the Pork

Meanwhile, put a frying pan on high heat (no **oil**). Rub each **pork steak** with **oil** and season with **salt** and **pepper**. When the pan is hot, fry the **pork**, 1-2 mins each side. Transfer to a baking tray (keep the pan for later) and top with the **rosemary sprigs**. Cook on the top shelf of your oven for 6-8 mins. **IMPORTANT: Wash your hands and equipment after handling raw pork. The pork is cooked when no longer pink in the middle.** Once cooked, remove from your oven, cover with foil and set aside to rest.



Mash and Finish

Meanwhile, season the **potato** with **salt** and **pepper** and mash until smooth. **TIP: Add a splash of milk and a knob of butter (if you have some).** Stir the **creme fraiche** into the **peppercorn sauce** and warm through gently - add a splash of **water** if it's a bit thick. Once combined, remove from the heat. Serve the mash topped with the **pork** and **peppercorn sauce**, with some **broccoli** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients:

You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.