



# Pork Steaks and Creamy Peppercorn Sauce with Roast Potatoes, Green Beans and Broccoli

Calorie Smart 40 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

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Potatoes



Dried Thyme



Echalion Shallot



Green Beans



Broccoli



Pork Loin  
Steak



Black Peppercorns



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:

Baking Tray, Saucepan, Frying Pan and Colander.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Dried Thyme	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	1
Green Beans**	150g	200g	300g
Broccoli**	½	1	1
Pork Loin Steak**	2	3	4
Black Peppercorns	1.5g	2g	3g
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	579g	100g
Energy (kJ/kcal)	2202 / 526	380 / 91
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	48	8
Sugars (g)	5	1
Protein (g)	40	7
Salt (g)	1.10	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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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Roast the Potato

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large, low-sided, wide baking tray. Drizzle with **oil**, season with **salt** and **pepper** and sprinkle over the **dried thyme**. Toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.** When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



## Start the Sauce

While the **pork** is resting, return your (now-empty) saucepan to medium heat and add a splash of **oil**. Add the **shallot** and cook until soft, stirring frequently, 3-4 mins. Add the **crushed peppercorns**, then stir in the **chicken stock paste** and **water** (see ingredients for amount) and allow it to reduce by half, 3-4 mins.



## Prep the Veggies

Meanwhile, bring a large saucepan of **water** with ½ **tsp** of **salt** on to boil for the **veggies**. Halve, peel and thinly slice the **shallot**. Trim the **green beans**. Separate the **broccoli** into **florets** (little trees).



## Cook the Veggies

While the **sauce** cooks, add the **broccoli** and **green beans** to the pan of boiling **water** and cook until tender, 4-5 mins. Once cooked, drain in a colander and return to the pan to keep warm. Stir the **creme fraiche** into the **sauce**, bring back to the boil then remove from the heat.



## Fry the Steak

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. **IMPORTANT: Wash your hands and equipment after handling raw meat.** Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 6 mins, turning every couple of mins. Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT: The pork is cooked when no longer pink in the middle.**



## Finish and Serve

Slice the **pork steaks** width ways and serve on plates with the **veggies** and **roast potatoes** on the side. Add a splash of **hot water** to the **sauce** if it's too thick. Drizzle the **peppercorn sauce** over the **pork**.

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.