



Pork Steaks and Peppercorn Sauce with Mashed Potatoes and Broccoli

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

26



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 and Frying Pan.

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)	2183 /522	371 /89
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	49	8
Sugars (g)	7	1
Protein (g)	40	7
Salt (g)	1.11	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ 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.

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Prep the Veggies

Preheat your oven to 200°C and put two large saucepans of **water** with **¼ tsp 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 any large **florets**. Halve, peel and chop the **shallot** into small pieces.



Make the Sauce

Meanwhile, heat a drizzle of **oil** in your (now empty) frying pan on medium heat. Add the **shallot** and stir until softened, 3-4 mins. Add the **cracked black pepper**, **chicken stock paste** and **water for the sauce** (see ingredients for amount). Allow it to reduce until thickened, 2-3 mins.



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. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season to taste with **salt** and **pepper**. Cover with a lid to keep warm then set aside.



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

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on high heat. Season the **pork** with **salt** and **pepper**. Once hot, add the **pork steaks** to the pan. Cook until browned, 1-2 mins on each side. Transfer to a baking tray and top with the **rosemary sprigs**. Cook on the top shelf of your oven until cooked through, 6-8 mins. **IMPORTANT:** Wash your hands after handling raw meat. The pork is cooked when no longer pink in the middle. Once cooked, transfer the **pork** to a plate and cover with another plate or foil to rest.



Finish and Serve

Stir the **creme fraiche** into the **peppercorn sauce** then take off the heat - add a splash of **water** if it's a bit thick. To serve, reheat the **mash** if necessary. Slice the **pork steaks** into four, then serve on a helping of **mash** with the **peppercorn sauce** spooned over and the **broccoli** alongside.

Enjoy!

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8-14



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.