



ROAST PORK MEDALLIONS

with Sweet Potato Mash and Peppercorn Sauce



HELLO PEPPERCORNS

During the Middle Ages, peppercorns were worth more by weight than silver.



Pork Loin Medallion



Sweet Potato



Broccoli



Black Peppercorns



Crème Fraîche



Water



Beef Stock Pot

40 mins

Family Box

5 of your 5 a day

Medium Heat

Peppercorn sauce is a traditional accompaniment for steak but it goes great with pork too. We've added some sweet potato mash and broccoli florets on the side for a plateful that's colourful and delicious. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Pestle and Mortar** (or **Rolling Pin**), **Frying Pan, Baking Tray**, some **Foil**, a **Mixing Bowl, Potato Masher, Colander** and **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Preheat your oven to 180°C and put a large saucepan of water on to boil for the **sweet potato**. Take the **pork** out of your fridge so it can come to room temperature. Peel the **sweet potato** and chop into roughly 2cm cubes. Chop the **broccoli** into florets. Crush the **black peppercorns** in a pestle and mortar. **★ TIP:** *If you don't have a pestle and mortar you can put them in a freezer bag and whack them with a rolling pin!*



4 COOK THE POTATO

Cook the **sweet potato** in your pan of boiling water until soft, 10-15 mins. Once done, fish it out with a slotted spoon and keep the water boiling for the **broccoli**. Put the **sweet potato** in a mixing bowl and mash with a potato masher. Season with **salt** and **black pepper** and stir through a knob of **butter** (if you have some) or a tablespoon of the **crème fraîche**.



2 SEAR THE PORK

Season the **pork** with a good pinch of **salt** and a grind of **black pepper**. Put a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **pork** and cook until it is nicely browned, 2 mins on each side.



5 BOIL THE BROCCOLI

Put the saucepan of water you used for the **sweet potato** back on medium-high heat and bring to the boil (top it up if necessary). Add the **broccoli** and cook until tender, 4-5 mins. Drain in a colander, reserving some **water** for your **sauce**.



3 ROAST THE PORK

Transfer the **pork** to a baking tray and roast on the top shelf of your oven for 15-20 mins. **★ TIP:** *Don't wash the frying pan as we'll use it to make the sauce later.* Once cooked, take the pork out of your oven, cover loosely with foil and leave it to rest for a few mins. **★ TIP:** *The pork is cooked when it is no longer pink in the middle.*



6 MAKE THE SAUCE

Put your (now empty) frying pan back on medium-high heat. Add the reserved **water** (amount specified in the ingredient list). Stir in the **beef stock pot** and **crushed peppercorns**. Simmer until reduced by half. Take off the heat and set aside for 2 mins, then stir in the **crème fraîche**. Slice the **pork** and serve with the **broccoli, sweet potato mash** and **peppercorn sauce**. **Enjoy!**

4 PEOPLE INGREDIENTS

Pork Loin Medallion	4
Sweet Potato, chopped	2
Broccoli, florets	2
Black Peppercorns, crushed	1 tsp
Crème Fraîche ⁷⁾	1 small pot
Water*	300ml
Beef Stock Pot	1

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	606	87
(kJ)	2576	368
Fat (g)	12	2
Sat. Fat (g)	7	1
Carbohydrate (g)	82	12
Sugars (g)	25	4
Protein (g)	48	7
Salt (g)	1.71	0.24

ALLERGENS

⁷⁾Milk

Beef Stock Pot Ingredients: Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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