



# PORK & CARMELISED PEAR

with Creamy Sweet Potato Mash



Add sweetness to pork with a side of cooked pears



Sweet Potato



Pear



Pork Loin



Baby Spinach Leaves

## Pantry Staples



Olive Oil



Salt



Butter



Milk



Hands-on: 15 mins  
Ready in: 45 mins

Did you know that pork has a little secret? It loves to hang out with fruit. These sweet, caramelised pears are the perfect pair (get it?) for this simple supper the whole family will love.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **large saucepan** with a **lid**, **chef's knife**, **chopping board**, **colander**, **potato masher** or **fork**, **medium frying pan**, **plate**, **aluminium foil**, **wooden spoon** and **tongs**.



### 1 GET PREPPED

Bring a large saucepan of salted water to the boil. Peel the **sweet potato** and chop into 3 cm chunks. Slice the **pear** into 2 cm thick wedges (discard the core).



### 2 MAKE THE SWEET POTATO MASH

Add the **sweet potato** to the saucepan of boiling water and cook for **10-15 minutes**, or until easily pierced with a knife. Drain and return the sweet potato to the saucepan. Add the **salt (use suggested amount)**, **1/2** of the **butter** and the **milk** and mash using a potato masher or fork until smooth. Set aside and cover with a lid to keep warm.



### 3 COOK THE PORK

While the sweet potato is cooking, heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Season the **pork loin** steaks on both sides with a **pinch of salt** and **pepper** and cook for **3-4 minutes** on each side (depending on thickness), or until cooked through. **TIP:** It's okay to serve pork slightly blushing pink in the centre. Set aside on a plate to rest and cover with foil to keep warm.



### 4 COOK THE PEARS

Return the frying pan to a medium-high heat and add the **pear**. Cook for **3 minutes** on one side, or until golden. Carefully flip and cook the other side for **3 minutes**. In the **last 1 minute** of pear cooking time, spoon over the **remaining butter**. Cook until the pears are softened and caramelised.



### 5 COOK THE SPINACH

Add the **baby spinach leaves** to the pan with the pears and cook for **1-2 minutes**, stirring gently, until just wilted and coated in butter. Season to taste with a **pinch of salt** and **pepper**.



### 6 SERVE UP

Divide the sweet potato mash, the pork steaks and the caramelised pear and spinach between plates.

## ENJOY!

## 4-5 PEOPLE INGREDIENTS

|                     | 4-5P            |
|---------------------|-----------------|
| olive oil*          | refer to method |
| sweet potato        | 800 g           |
| pear                | 2               |
| salt*               | ½ tsp           |
| butter*             | 3 tbs (60 g)    |
| milk*               | ¼ cup           |
| pork loin           | 1 packet        |
| baby spinach leaves | 1 bag           |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G      |
|------------------|-----------------|---------------|
| Energy (kJ)      | 1880kJ (449Cal) | 368kJ (88Cal) |
| Protein (g)      | 42.2g           | 8.3g          |
| Fat, total (g)   | 11.9g           | 2.3g          |
| - saturated (g)  | 6.7g            | 1.3g          |
| Carbohydrate (g) | 39.2g           | 7.7g          |
| - sugars (g)     | 21.9g           | 4.3g          |
| Sodium (mg)      | 164mg           | 32mg          |

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