



PAN-FRIED PORK STEAK

with Creamy Peppercorn Sauce, Roast Potatoes and Veggies



HELLO COOKBOOK

Our brand NEW cookbook, 'Recipes That Work', is on sale from the 3rd May. Order yours on Amazon now!



Red Potato



Dried Thyme



Echalion Shallot



Green Beans



Broccoli



Black Peppercorns



Pork Loin Steak



Chicken Stock Pot



Crème Fraîche

To give your sauce a real depth of flavour, be sure to make it in the same pan used to cook your pork. Less washing up, bigger flavour - it's a win win! Simple, comforting, and quick to make, make this recipe a go to for chilly evenings.

40 mins

2 of your 5 a day

MEAL BAG

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray**, **Large Saucepan**, **Frying Pan**, some **Foil**, a **Measuring Jug** and **Colander**. Now, let's get cooking!



1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potato** (no need to peel!) into 2cm chunk and pop on a baking tray. Drizzle over some **oil** and a pinch of **salt** and **pepper**. Sprinkle on the **dried thyme** and mix everything together to ensure the **potato** gets a good coating. Spread out evenly in a single layer. Roast on the top shelf of your oven until brown and crispy, 30-35 mins. Turn halfway through cooking.



2 PREP THE VEGGIES

Meanwhile, put a large saucepan of **water** with a pinch of **salt** on to boil for the veggies. Halve, peel and thinly slice the **shallot** into half moons. Trim the tops from the **green beans**. Chop the **broccoli** into florets (little trees!). Put the **peppercorns** in a freezer bag and crush with the bottom of a saucepan.



3 FRY THE STEAK

Heat a drizzle of **oil** in a frying pan on medium-high heat. While it gets hot, season the **pork** with a pinch of **salt** and **pepper**. Lay them in your hot pan and cook for 8-10 mins, turning every 2-3 mins (you may need to cook them in batches if your pan is small).

! IMPORTANT: *The pork is cooked when it is no longer pink in the middle.* Once cooked, remove them to a plate and cover tightly with foil. Leave to one side to rest.



4 START THE SAUCE

While the **pork** is resting, add another drizzle of **oil** to your now empty pan (no need to wash!). Place on medium heat and add the **shallot**. Fry until soft, 3 mins, then pour in the **water** (see ingredients for amount). Stir in the **chicken stock pot** and bring to a simmer. Bubble until the liquid has reduced by half, 4-5 mins.



5 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 **crème fraîche** and **peppercorns** into the sauce. Bring back to the boil then remove from the heat.



6 FINISH AND SERVE

Slice each **pork steak** into 2cm wide slithers and serve on plates with the **veggies** and **roast potatoes** on the side. Add any escaped **pork juices** to the **sauce** along with a splash of hot water if it's too thick. Mix well, then drizzle the **peppercorn sauce** over the **pork**. **Enjoy!**

2 PEOPLE INGREDIENTS

Red Potato, chopped	1 pack
Dried Thyme	½ tbsp
Echalion Shallot, sliced	1
Green Beans, trimmed	1 pack
Broccoli, florets	½
Black Peppercorns, crushed	1 tsp
Pork Loin Steak	2
Water*	100ml
Chicken Stock Pot	½
Crème Fraîche 7)	1 small pot

*Not Included

NUTRITION FOR UNCOOKED INGREDIENTS	PER SERVING 522G	PER 100G
Energy (kcal)	594	114
(kJ)	2783	475
Fat (g)	29	5
Sat. Fat (g)	15	3
Carbohydrate (g)	51	10
Sugars (g)	7	1
Protein (g)	36	7
Salt (g)	1.40	0.27

ALLERGENS

7) Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables – but not meat, poultry, or eggs! Use different chopping boards, knives and utensils for raw and ready-to-eat foods, or wash these in between use.

👍 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 or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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