



PORK STEAK

with Creamy Peppercorn Sauce, Roast Potatoes and Veggies



HELLO DRIED THYME

The Ancient Egyptians used thyme in the mummification process!



Potato



Dried Thyme



Echalion Shallot



Green Beans



Broccoli



Black Peppercorns



Pork Loin Steak



Chicken Stock Powder



Crème Fraîche

40 mins

2 of your 5 a day

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.

MEAL BAG

5

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, 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 chunks and pop onto a lined 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**. Separate 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 it in your hot pan and cook for 8-10 mins, turning every 2-3 mins (you may need to cook in batches if your pan is small). **IMPORTANT:** The pork is cooked when it is no longer pink in the middle. Once cooked, remove to a plate and cover tightly with foil. Leave to one side to rest.



4 START THE SAUCE

Once 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 **stock powder** 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

Cut each **pork steak** into 2cm wide slices 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 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Dried Thyme	½ pot	1 pot	1 pot
Echalion Shallot	1	1	1
Green Beans *	1 pack	1 pack	2 packs
Broccoli *	½	1	1
Black Peppercorns	½ pot	¾ pot	1 pot
Pork Loin Steak *	2	3	4
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	1 sachet	1 sachet
Crème Fraîche ⁷⁾ *	1 pouch	1 pouch	2 pouches

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING	
	617G	PER 100G
Energy (kcal)	650	105
(kJ)	2720	441
Fat (g)	36	6
Sat. Fat (g)	15	2
Carbohydrate (g)	56	9
Sugars (g)	9	1
Protein (g)	37	6
Salt (g)	0.58	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

THUMBS UP OR THUMBS DOWN?

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