



SEARED PORK & TARRAGON SAUCE

with Mustard Mashed Potato & Garlic Veggies



Add extra flavour to
mash with mustard!



Potato



Carrot



Zucchini



Garlic



Tarragon



Wholegrain Mustard



Baby Spinach
Leaves



Pork Loin
Steaks



Cooking Cream



Chicken Stock



Hands-on: **35 mins**
Ready in: **40 mins**



Naturally gluten-free
Not suitable for Coeliacs



Low calorie

Give meat and three veg an upgrade with an array of flavoursome sides. Seared pork gets a creamy tarragon-infused sauce, and we've taken classic mashed potato to new heights by stirring through tangy wholegrain mustard. This is a modern meal that satisfies that comfort food craving!

Pantry Staples: Olive Oil, Butter, Milk

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid** • **large frying pan**



1 GET PREPPED

Bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into 2cm chunks. Thinly slice the **carrot** (unpeeled) into half-moons. Slice the **zucchini** into thin batons. Finely chop the **garlic** (or use a garlic press). Pick the **tarragon** leaves and finely chop to get **2 tsp for 2 people / 1 tbs for 4 people**.



2 MAKE THE MUSTARD MASH

Add the **potato** to the saucepan of boiling water and cook until easily pierced with a knife, **10-15 minutes**. Drain and return to the saucepan. Add the **butter**, **milk**, the **salt** and **wholegrain mustard** (see ingredients list) to the saucepan with the potato. **TIP:** For the low-calorie option, use 1/2 the butter for the mash (20g for 2 people / 40g for 4 people). Mash with a potato masher or fork until smooth. Cover with a lid to keep warm.



4 COOK THE PORK

Return the frying pan to a high heat with a **drizzle of olive oil**. Season the **pork loin steaks** with **salt** and **pepper** on both sides. When the oil is hot, add the pork and cook until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and set aside to rest. **TIP:** It's fine to serve pork slightly blushing in the centre.



5 MAKE THE TARRAGON SAUCE

Return the frying pan to a low heat. Add the **cooking cream** and crumble in the **chicken stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Add the chopped **tarragon**. **TIP:** Tarragon has a strong aniseed flavour, add less if you're not a fan! Cook until warmed and the tarragon flavour has infused, **3 minutes**. **TIP:** Scrape up any bits stuck to the bottom of the pan, they'll add extra flavour to the sauce! Stir through any **pork resting juices** and season to taste with **salt**.



3 COOK THE VEGGIES

While the potato is cooking, heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **carrot** and cook until starting to soften, **2-3 minutes**. Add the **zucchini** and **garlic** and cook, stirring occasionally, until soft, **8-10 minutes**. Add the **baby spinach leaves** and cook until wilted, **1 minute**. Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.



6 SERVE UP

Divide the mustard mashed potato, seared pork and garlic veggies between plates. Spoon the tarragon sauce over the pork. **TIP:** For the low-calorie option, serve with 1/2 the tarragon sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
garlic	1 clove	2 cloves
tarragon	1 bunch	1 bunch
butter*	40 g	80 g
milk*	2 tbs	4 tbs
salt*	¼ tsp	½ tsp
wholegrain mustard	½ tub (20 g)	1 tub (40 g)
baby spinach leaves	1 bag (60 g)	1 bag (120 g)
pork loin steaks	1 packet	1 packet
cooking cream	1 packet (150 ml)	2 packets (300 ml)
chicken stock	½ cube	1 cube

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (547Cal)	389kJ (93Cal)
Protein (g)	45.0g	7.7g
Fat, total (g)	25.0g	4.3g
- saturated (g)	14.7g	2.5g
Carbohydrate (g)	32.1g	5.5g
- sugars (g)	5.8g	1.0g
Sodium (g)	728mg	124mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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