



# 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

**Pantry Staples:** Olive Oil, Butter, Milk

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!

## 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.



### 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.



### 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**.



### 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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[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

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