



SAGE & APPLE SAUCE PORK

with Potato Wedges



Make homemade
apple sauce



Potatoes



Brown Onion



Sage



Garlic



Apple



Pork Loin



Baby Spinach Leaves

Pantry Staples



Butter



Olive Oil



Sugar



Water



Hands-on: **20** mins
Ready in: **35** mins

This is a luxurious meal for any week night. Pork is perfectly seared and topped with a rich sage and apple sauce, while potato wedges lend some heft alongside wilted baby spinach.

BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife**, **chopping board**, **vegetable peeler**, **oven tray** lined with **baking paper**, **medium saucepan** with a **lid**, **wooden spoon**, **medium frying pan**, **plate** and **aluminium foil**.



1 GET PREPPED

Preheat oven to **220°C/200°C fan-forced**. Cut the **potatoes** (unpeeled) into wedges. Finely chop the **brown onion**. Pick and finely chop the **sage** leaves until you have **1 tbs for 2 people / 2 tbs for 4 people**. Peel and finely chop the **garlic**. Peel the **apple** and chop into 2 cm chunks.



2 BAKE THE POTATO

Place the **potato** wedges on the oven tray lined with baking paper, **drizzle** generously with **olive oil** and season with a **pinch** of **salt** and **pepper**. Cook in the oven for **25-30 minutes**, or until soft and golden.



3 MAKE THE APPLE SAUCE

While the potato is cooking, heat a **drizzle** of **olive oil** in a medium saucepan over a medium heat. Add the **brown onion** and cook for **5 minutes**, or until soft. Add the **sage**, **garlic**, **apple**, **sugar** and **water** (**check the ingredients list for the amount**), and season with a **pinch** of **salt** and **pepper**. Cover with a lid and cook for a further **10 minutes** until softened. Remove the lid and break up the apples with a wooden spoon. **TIP:** Add a sprinkle of sugar if you want it to be sweeter and a splash of water if it appears too dry. Set aside and cover with a lid to keep warm.



4 COOK THE PORK

While the apple sauce is cooking, heat a medium frying pan over a medium-high heat. Season the **pork loin steaks** with a **pinch** of **salt** and **pepper**, **drizzle** with **olive oil** and cook for **3-4 minutes** on each side, or until cooked through. **TIP:** Pork cooking times may vary depending on the thickness of your steaks. It is ok to serve pork slightly blushing pink in the centre.



5 COOK THE SPINACH

When the pork has **1 minute** of cook time remaining, add the **baby spinach leaves**, **butter** and a **drizzle** of **olive oil** (to stop the butter burning) around the pork steaks and cook for **1 minute**, or until the spinach has wilted. Season with a **pinch** of **salt** and **pepper** and remove from the heat. Place the **pork** on a plate and cover with foil to rest for **2 minutes**.



6 SERVE UP

Divide the pork steaks, potato wedges and baby spinach between plates and top with the sage and apple sauce.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potatoes	400 g	800 g
brown onion	1	1
sage 🌿	1 bunch	2 bunches
garlic 🌿	1 clove	2 cloves
apple	1	2
sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
pork loin	2 steaks	4 steaks
baby spinach leaves	1 bag	2 bags
butter*	2 tsp	1 tbs

*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (568Cal)	411kJ (98Cal)
Protein (g)	48.3g	8.3g
Fat, total (g)	20.6g	3.6g
- saturated (g)	5.0g	0.9g
Carbohydrate (g)	43.6g	7.5g
- sugars (g)	15.8g	2.7g
Sodium (g)	130mg	22mg

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2017 | WK26 | C3

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