







More Than Food
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Bacon and Apple Pork Parcel with Appley Leek Couscous and Tenderstem Broccoli

Beautifully wrapped gifts are half the fun of the festive season. Mimi has created a little present of her own by cleverly wrapping pork and apple in bacon parcels. These tasty little presents are so delicious they are almost as exciting as gifts under the tree!



40 mins



2.5 of your 5 a day



family box



spicy



Leek (1)



Braeburn Apple (2)



Tenderstem Broccoli (2 packs)



Chicken Stock Pot (1)



Water (50ml)



Couscous (225g)



Olive Oil (2 tbsp)



Pork Medallion (4)



Streaky Bacon Rashers (8)



Wholegrain Mustard (2 tbsp)




Sage (1/2 bunch)

4 PEOPLE INGREDIENTS

- Leek, sliced
- Braeburn Apple, sliced
- Tenderstem Broccoli
- Chicken Stock Pot
- Water
- Couscous

- 1**
- 2**
- 2 packs**
- 1**
- 450ml**
- 225g**
- Olive Oil
- Pork Medallion
- Streak Bacon Rashers
- Wholegrain Mustard
- Sage

- 2 tbsp**
- 4**
- 8**
- 2 tbsp**
- ½ bunch**

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Sage is a member of the mint family.

Allergens: Mustard, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	609 kcal / 2568 kJ	18 g	5 g	55 g	13 g	55 g	3 g
Per 100g	115 kcal / 486 kJ	3 g	1 g	10 g	2 g	10 g	1 g

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

1



1 Boil your kettle. Cut the bottom root and the top dark green part off the **leek**. Cut in half lengthways then slice into half moon shapes (about ½cm wide). Cut the top and bottom off one of the **apples**, slice into two rounds per person, then remove the middle with a sharp knife. Peel the other **apple**, remove the core and then chop into small ½cm chunks. Put the **tenderstem broccoli** on a baking tray and drizzle over some **oil**, a pinch of **salt** and a grind of **black pepper**. Leave to the side. Preheat your oven to 200 degrees.

2



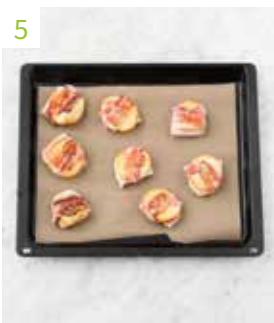
2 Dissolve the **chicken stock pot** in a jug of **boiling water** (amount specified in the ingredient list).

3



3 Put a large saucepan on medium heat with a drizzle of **oil** and add your **leek** and **chopped apple** (leave your apple rounds for later). Cook for 5-7 mins until soft, then add the **couscous**, **olive oil** (amount specified in the ingredient list) and **stock**. Stir together. Once your **couscous mixture** has come to the boil, put a lid on the pan, take it off the heat and leave to the side for 10 mins or until everything else is ready.

4



4 Cut the **pork** in half through the middle to make two medallions per person. Lay the **bacon rashers** on a board and place one **pork medallion** on top of each bacon rasher. Divide the **wholegrain mustard** between your medallions so you have a dollop on each, then lay an **apple round** on top of your **mustard**. Fold your **bacon** over your **apple** to form a parcel.

5 Put a frying pan on medium-high heat and add a drizzle of **oil**. Once hot, add each **pork parcel**, apple-side down. Cook for 2-3 mins until golden brown, then turn over and cook on the other side for the same amount of time. Once done, pop them on a lined baking tray on the top shelf of your oven for 7-10 mins. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

6 Pop your **broccoli** on the second shelf of your oven, at the same time as your pork parcels, for 7 mins.

7 While your pork parcels and broccoli are cooking, remove the **sage leaves** from their stalks and roughly chop them. Once your **couscous** is ready, fluff it up with a fork and stir through your **sage**.

8 When everything is ready, serve your **apple leek couscous** on plates with your **pork parcels** on top and your **broccoli** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!