



Cheese and Caramelised Onion Pork Steaks

with Wedges and Garlicky Greens

Nº 11

FAMILY Hands On Time: 15 Minutes • Total Time: 40 Minutes



Potato



Garlic Clove



Cheddar Cheese



Original Onion Marmalade



Pork Steak



Spring Greens

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Coarse Grater, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Garlic Clove**	1 clove	2 cloves	2 cloves
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Original Onion Marmalade	1 pot	1½ pots	2 pots
Pork Steak**	2	3	4
Spring Greens**	1 small pack	1 large pack	2 small packs

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	1981 /474	428 /102
Fat (g)	12	3
Sat. Fat (g)	5	1
Carbohydrate (g)	55	12
Sugars (g)	15	3
Protein (g)	39	8
Salt (g)	0.46	0.10

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop them on a baking tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat. Roast on the top shelf of your oven until golden on the outside and soft in the middle, 25-30 mins. Turn halfway through cooking.



4. Grill Time!

Once the **potatoes** are cooked, transfer them to the bottom shelf of the oven and switch the oven to grill on high heat. **TIP: If your grill is separate to your oven, you can leave your potatoes where they are until ready and heat your grill to high.** When hot, grill the **pork** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT: The pork is cooked when no longer pink in the middle.** Allow to rest for 2 mins before serving.



2. Finish the Prep

Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.



5. Fry the Greens

While the **pork** is grilling, pop your now empty frying pan back on medium high heat. Add a drizzle of **oil** if the pan is dry. Add the **spring greens** with a splash of **water** and season with **salt** and **pepper**. Stir fry until softened, 4-5 mins, then add the **garlic**. Stir together and cook for another minute. Remove the pan from the heat.



3. Start the Pork

Heat a drizzle of **oil** in a pan on medium high heat. Season the **pork** with **salt** and **pepper**. Once the pan is hot, lay in the **pork**, fry until golden brown, 4-5 mins each side. **IMPORTANT: Wash your hands after handling raw meat.** Transfer the **pork** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **steak**, use a spoon to spread it out. Divide the **cheese** between the tops of the **steaks**, press it down with the back of a spoon.



6. Finish and Serve

Once everything is ready, serve the **pork** with the **wedges** and **garlicky greens** alongside. Pour over any **juices** from the tray.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.