



LEMON AND GARLIC PORK

with Mustard and Apple Lentils



HELLO LEMON

The lemon is a two-step hybrid of a lime, citron and pomelo!



Red Onion



Lemon



Easy Garlic



Pork Loin Steak



Dried Oregano



Wholegrain Mustard



Apple Chutney



Lentils



Baby Spinach



Ciabatta



Flat Leaf Parsley

When it comes to quick-fix recipes that pack a flavour punch, here's one that comes out on top. Succulently zesty and garlicky pork served with mustardy lentils and ciabatta... every bite is guaranteed to leave you wanting more. For a showstopping recipe that's on the table in twenty minutes, look no further!

20 mins

2 of your 5 a day

Rapid recipe

MEAL BAG

14

GET **PREPARED!**

Preheat your grill to **High**.

BEFORE YOU START

Preheat your grill to **High**. Wash the veggies. Make sure you've got a **Large Frying Pan**, **Fine Grater**, two **Large Bowls**, a **Baking Tray**, **Foil** and a **Sieve**. Let's start cooking the **Lemon and Garlic Pork with Mustard and Apple Lentils**



1 COOK THE ONIONS

- Heat a splash of **oil** in a large frying pan on medium heat.
- Halve, peel and thinly slice the **onion**. Add the **onion** to the pan with a pinch of **salt** and **sugar** (if you have some).
- Lower the heat to medium and cook until soft, 4-5 mins. Stir occasionally.



4 ADD THE LENTILS

- Once the **onions** are soft, add the **oregano** and remaining **garlic**. Cook for a minute.
- Stir in the **mustard** and **chutney**, cook for another minute. Drain, rinse and add the **lentils** to the pan with the **water** (see ingredients for amount).
- Lower the heat to medium and cook until the **water** has evaporated, 2-3 mins. Stir occasionally. Stir the **spinach** into the **lentils** one handful at a time until just wilted.



2 MARINATE THE PORK

- Meanwhile, zest the **lemon** and mix with **half** the **easy garlic**, a squeeze of **lemon juice** and the **oil** (see ingredients for amount) in a large bowl.
- Season with a pinch of **salt** and **pepper**. Add the **pork steaks** and coat in the **marinade**.



5 TOAST THE BREAD

- Halve the **ciabatta** (as if you were making a sandwich). Drizzle with a little **oil** and season with **salt** and **pepper**.
- A few minutes before you are ready to serve, pop the **ciabatta** under the grill until golden and toasted, 2-3 mins.
- Meanwhile, roughly chop the **parsley** (stalks and all).



3 GRILL THE PORK

- Lay the **pork steaks** on your baking tray and grill for 5-6 mins on each side. **IMPORTANT:** Wash your hands after handling raw meat.
- When cooked, remove the **pork** from under the grill and wrap loosely in foil. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



6 SERVE

- Stir the **parsley** through the **lentils**. Season to taste with **salt** and **pepper**.
- Slice the **pork** into thin strips. Serve the **lentils** topped with the **pork**.
- Cut each grilled **ciabatta** slice in half and serve alongside the **pork**.

Enjoy!

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1½	2
Lemon *	½	¾	1
Easy Garlic	1 sachet	1½ sachets	2 sachets
Olive Oil for the Pork*	1 tbsp	1½ tbsp	2 tbsp
Pork Loin Steak *	2	3	4
Dried Oregano	1 small pot	¾ large pot	1 large pot
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Apple Chutney	1 pot	1½ pots	2 pots
Lentils	1 carton	1½ cartons	2 cartons
Water for the Lentils*	50ml	75ml	100ml
Baby Spinach *	1 small bag	¾ large bag	1 large bag
Ciabatta 11) 13)	1	1½	2
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 479G	PER 100G
Energy (kJ/kcal)	2176 / 520	454 / 109
Fat (g)	20	4
Sat. Fat (g)	5	1
Carbohydrate (g)	43	9
Sugars (g)	13	3
Protein (g)	39	8
Salt (g)	1.45	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

9) Mustard 11) Soya 13) Gluten

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.

THUMBS UP OR THUMBS DOWN?

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