



# PAN-FRIED PORK LOIN

with Creamy Potato & Spinach Salad



## HELLO GREEN BEANS

Green beans grow on a bush and belong to legume family originating from Peru.



Potato



Green Beans



Garlic Clove



Chives



Soured Cream



Wholegrain Mustard



Pork Loin Steak



Baby Spinach

MEAL BAG

Hands On: **20** mins  
Total: **35** mins

**1.5** of your  
**5** a day

Family Box

Our pan-fried pork loin is a comforting and hearty recipe great for cosy nights at home. With a creamy potato and spinach salad made from soured cream and wholegrain mustard, this dish tastes indulgent but requires little fuss in the kitchen. Winner! Dished up with a side of green beans which we've fried with garlic and a pinch of salt and pepper. The beans bring a natural sweetness that works fantastically with garlic and compliments with the creaminess of the salad. Serve with a sprinkling of chives and enjoy!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Baking Tray**, **Fine Grater** (or **Garlic Press**), **Frying Pan** (with a **Lid**) and some **Foil**. Now let's get cooking!



### 1 ROAST THE POTATO

Preheat your oven to 200°C. Chop the **potato** into roughly 2cm chunks (no need to peel). Pop onto a large baking tray, drizzle with **oil** and season with a pinch of **salt** and **pepper**. Toss to coat the **potato** in the **oil** then roast on the top shelf of your oven until crispy, 25-30 mins. Turn halfway through cooking.



### 4 COOK THE SPINACH

Meanwhile, once the **potato** is crispy, remove the tray from your oven, spread the **spinach** out on top of the **potato** and return to the oven until the **spinach** has wilted, 3-4 mins. Remove and set aside.



### 2 DO THE PREP

Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **chives**. Pour the **soured cream** into a large bowl and add the **wholegrain mustard**, **half the chives** and a pinch of **salt** and **pepper**. Mix together and leave to the side. Season the **pork loin steaks** with a pinch of **salt** and **pepper**.



### 5 STEAM-FRY THE BEANS

While the **pork** is resting, pop your now empty frying pan back on medium-high heat and add a drizzle of **oil** if it is dry. Add the **green beans**, **garlic** and a pinch of **salt** and **pepper**. Add a splash of **water**, then pop a lid (or some foil) on the pan and leave to steam-fry until the **beans** are just tender, 6-8 mins. Season with **salt** and **pepper**.



### 3 FRY THE PORK

Once you've turned the **potatoes**, heat a splash of **oil** in a frying pan over medium-high heat. Lay the **pork** in the pan and brown for 2 mins on each side, then lower the heat to medium and cook for another 8 mins. Turn every 2 mins. **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle!* When the **pork** is cooked, remove from the pan and wrap in foil to rest and keep warm.



### 6 FINISH AND SERVE

Add the **potato** and **spinach** to the bowl containing the **mustard** and **soured cream dressing** and stir together to combine, then spoon onto plates. Thinly slice the **pork** and serve on top of the **potato** and **spinach salad** with the **garlicky green beans** alongside, any **pork juices** from the tray drizzled over, and finished with a sprinkling of the remaining **chives**. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potatoes *	1 small pack	1 large pack	2 small packs
Green Beans *	1 medium pack	1 large pack	2 medium packs
Garlic Clove *	1	2	2
Chives *	1 bunch	1 bunch	1 bunch
Soured Cream 7) *	75g	115g	150g
Wholegrain Mustard 9)	1 pot	1 pot	2 pots
Pork Loin Steak *	2	3	4
Baby Spinach *	1 small bag	1 large bag	1 large bag

\*Not Included

\* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 539G	PER 100G
Energy (kJ/kcal)	2266 / 542	420 / 101
Fat (g)	23	4
Sat. Fat (g)	10	2
Carbohydrate (g)	51	9
Sugars (g)	6	1
Protein (g)	35	7
Salt (g)	0.63	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard

**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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