



Pan-Fried Pork Loin

with Cavolo Nero Champ and Sticky Glaze

CLASSIC 25 Minutes • 1 of your 5 a day



Potato



Flat Leaf Parsley



Spring Onion



Cheddar Cheese



Pork Loin Steak



Chopped Cavolo Nero



Chicken Stock Powder



Apple and Sage Jelly

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Coarse Grater, Frying Pan, Colander and Masher.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Cheddar Cheese 7)**	1 block	2 blocks	2 blocks
Pork Loin Steak**	2	3	4
Chopped Cavolo Nero**	1 small bag	1 medium bag	1 large bag
Water for the Glaze*	75ml	100ml	150ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Apple and Sage Jelly	2 pots	3 pots	4 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	459g	100g
Energy (kJ/kcal)	1998 / 478	436 / 104
Fat (g)	12	3
Sat. Fat (g)	5	1
Carbohydrate (g)	58	13
Sugars (g)	18	4
Protein (g)	39	9
Salt (g)	0.84	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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. Cook the Potato

Put a large saucepan of **water** with ½ tsp **salt** on to boil for the **potato**. Chop the **potato** into 2cm chunks (no need to peel!) and pop them in the pan. Boil until the **potato** is soft, 15-20 mins.



4. Add the Cavolo Nero

When the **potato** is almost ready, add the **cavolo nero** to the same saucepan, push it down to submerge in the **water**, bring back to the boil and cook until tender, 5 mins. Drain the **potato** and **cavolo nero** in a colander and leave for 2 mins, then return to the pan off the heat. Mash with a potato masher and stir in the **cheese**, **spring onion** and a knob of **butter** (if you have some). Mix well, season with more **salt** and **pepper** if required. Keep warm with the lid on.



2. Do the Prep

Meanwhile, roughly chop the **parsley** (stalks and all). Trim the **spring onion** then slice thinly. Grate the **cheddar cheese**.



5. Make the Glaze

When the **pork** is out of the pan, add the **water** (see ingredients for amount) and the **stock powder**. Bring to the boil and stir to dissolve the **stock**. Mix in the **apple and sage jelly** and **parsley**. Stir well to dissolve the **jelly**, then remove from the heat.



3. Pan-Fry the Pork

Heat a splash of **oil** in a frying pan over medium-high heat. Season the **pork** with **salt** and **pepper**. 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. Serve

Spoon the **cavolo nero champ** onto your plates. Slice the **pork** thinly and arrange on top. Pour any **pork** juices from the foil parcel into the **glaze**, reheat thoroughly, then spoon on top of the **pork** and around the plate.

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.