



PORK STEAK

with Glazed Apples, Champ and Mustard Sauce



HELLO FLORA ORIGINAL

Flora contains absolutely no preservatives, artificial colours or flavours.



Potato



Apple



Spring Onion



Honey



Pork Loin Steak



Sliced Spring Greens



Crème Fraîche



Chicken Stock Powder



Wholegrain Mustard



Flora Original

MEAL BAG

40 mins

1.5 of your 5 a day

We love a classic British dish and what could be more classic than pork and apple sauce? If possible, we think it can be made slightly better with your own homemade glazed apples! We have sourced the sweetest apples to bring out the most delicious flavour of the pork.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Frying Pan, some Foil, some Kitchen Paper, a Colander, Potato Masher** and **Measuring Jug**. Now, let's get cooking!



1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the potato. Chop the **potato** into 2cm chunks (no need to peel). Chop each **apple** into eight wedges, remove the core. Trim the **spring onions** then slice thinly.



2 GLAZE THE APPLE

Add the **potato** to the pan of boiling **water**, simmer until cooked, 15-20 mins. **★ TIP:** *The potato is cooked when you can easily slip a knife through.* Meanwhile, heat a glug of **oil** in a frying pan on medium-high heat. Add the **apple wedges** and cook until coloured, turning occasionally, 5-7 mins. Add the **honey**, stir and cook for another minute. Remove to a bowl and cover with foil to keep warm.



3 FRY THE PORK

Wipe out your frying pan and pop it back on medium heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**, then cook in the hot pan until golden brown, 4-5 mins each side. **⚠ IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* Once cooked, transfer to a chopping board, cover with foil and leave to rest. Keep the pan!

★ TIP: *Resting is essential to keep meat juicy!*



4 MASH THE POTATO

Meanwhile, when the **potato** is nearly cooked, add the **spring greens** to the pan with the **potato** and cook for the final 3 mins. Tip into a colander and leave for a few mins so the water drains off properly, then return to the pan off the heat. Season with **salt** and **pepper**, then add the **Flora Original** and **half the crème fraîche**. Mash with a potato masher (no need for it to be super smooth!), and stir through the **spring onion**. Cover with a lid to keep warm.



5 MAKE THE SAUCE

Return the now empty frying pan to medium heat and add the **water** (see ingredients for amount) and the **stock powder**. Stir to dissolve the **stock powder**, then add the **mustard** and remaining **crème fraîche**. Stir well and gently bring to the boil. Remove from the heat.



6 SERVE

Carefully reheat the **potato** if it's gone a bit cold. Serve a **pork steak** on top of a generous portion of the **champ** and pop the **glazed apples** alongside. Finish with a drizzle of **mustard sauce**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Apple *	1	2	2
Spring Onion *	1	2	2
Honey	1 sachet	1½ sachets	2 sachets
Pork Loin Steak *	2	3	4
Sliced Spring Greens *	1 small pack	1 small pack	1 large pack
Flora Original	20g	30g	40g
Crème Fraîche 7) *	150g	200g	300g
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Wholegrain Mustard 9)	½ pot	½ pot	¾ pot

*Not Included * Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 594G	PER 100G
Energy (kcal)	3305/ 790	556/ 133
Fat (g)	51	8
Sat. Fat (g)	20	3
Carbohydrate (g)	65	11
Sugars (g)	17	3
Protein (g)	36	6
Salt (g)	0.82	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk 9) Mustard

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

🧼 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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