



Roasted Pork and Honey Glazed Veggies

with Pears, Pancetta Fried Cabbage, Roasties and Onion Gravy

Nº 20

ROAST Hands on Time: 60 Minutes • Total Time: 90 Minutes • 2.5 of your 5 a day



Roast Pork Joint



Potato



Rosemary



Green Beans



Garlic



Flour



Parsnip



Carrot



Pear



Butter



Chicken Stock Powder



Original Onion Marmalade



Pancetta Lardons



Chopped Savoy Cabbage



Honey

Before you start

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

Basic cooking tools you will need:

Large Frying Pan, Two Baking Trays, Large Saucepan, Fine Grater (or Garlic Press), Colander and Measuring Jug.

Ingredients

	2P	3P	4P
Roast Pork Joint**	450g	675g	900g
Potato**	900g	1.15kg	1.4kg
Rosemary**	½ bunch	¾ bunch	1 bunch
Green Beans**	1 small punnet	1 large punnet	1 large punnet
Garlic**	1	1	2
Flour 13	24g	36g	48g
Parsnip**	2	3	4
Carrot**	3	4	6
Pear**	1	2	2
Butter 7 **	30g	45g	60g
Water for Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Original Onion Marmalade**	1 pot	2 pots	2 pots
Pancetta Lardons**	60g	90g	120g
Chopped Savoy Cabbaged**	1 bag	1½ bags	2 bags
Honey	1 sachet	1½ sachets	2 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1497g	100g
Energy (kJ/kcal)	4772 /1141	319 /76
Fat (g)	28	2
Sat. Fat (g)	13	1
Carbohydrate (g)	154	10
Sugars (g)	53	4
Protein (g)	72	5
Salt (g)	2.96	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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.

Contact

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1. Roast the Pork

Preheat the oven to 200°C. Season the **pork** with **salt and pepper**. **IMPORTANT:** *Wash your hands after handling raw meat.* Heat a splash of **oil** in a large frying pan over high heat and brown the **pork** all over, 2 mins. Transfer to a baking tray and roast in the middle shelf of your oven for **2p: 45 mins 3p: 60 mins 4p: 90 mins** (depending on the size of your joint of **meat**). **IMPORTANT:** *The pork is cooked when no longer pink in the middle.* Bring a large saucepan of water to the boil on high heat with ½ tsp of **salt**. Pour a good glug of **oil** onto another baking tray and pop in your oven, we will use it for the **roasties**.



4. Start the Gravy

Add the **roots** and the **pear wedges** to the tray with the **pork**. Drizzle with oil and season with **salt, pepper** and the **rosemary**. Roast the **veggies** until soft and golden at the edges, 30-40 mins. **TIP:** *Remove and rest the pork if it is ready before the roots.* Meanwhile, melt **half the butter** in the pan you used for your **potatoes**, then stir in the remaining **flour**. Cook for 1 min, you've made a **roux!** Gradually stir in the **water** (see ingredients for amount), **chicken stock powder** and **onion marmalade**. Bring to the boil, stirring out any lumps that form.



2. Prep Time

Peel the **potatoes** and chop them into 4cm chunks. Add the **potatoes** to the boiling **water** and cook until the edges have softened when you poke them with a knife, 7-8 mins. Meanwhile, pick the **rosemary leaves** from their stalks and finely chop (discard the stalks). Trim the **green beans** and chop into 1cm pieces. Peel and grate the **garlic** (or use a **garlic press**).



5. Cabbage O'clock

Lower the heat on the **gravy** and simmer until it has thickened to your liking, 15-20 mins. When the **pork** is ready, remove from the oven and allow to rest, wrapped in foil for 10-20 mins before slicing. Return the **roots** to the oven to finish cooking. Meanwhile, melt the remaining **butter** in the pan used for the **pork** over medium heat. Add the **pancetta** and **green beans**. Cook, stirring until the **pancetta** is golden and the **beans** have softened, 3-4 mins.



3. Roast the Spuds

Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half the flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Season with **salt**, then roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through. Meanwhile, peel and trim the **parsnips, carrots** and **pear(s)**. Chop the roots into roughly 1cm wide, 5cm long batons. Quarter the **pear(s)** and remove the core.



6. Finish Off

Add the **garlic** and cook for a minute more, then add the **cabbage** and a splash of **water**. Cover with a lid or foil and cook until the **cabbage** and **beans** are tender, 4-5 mins more. Once everything is ready, reheat the **gravy, roots** and **cabbage** if they have cooled. Slice the **pork** thinly and arrange on your plate. Serve the **roasties** and **cabbage** alongside. Drizzle the **honey** over the **roots** and **pears** as they come out of the oven and add to your plate. Finish with lots of **gravy**.

Enjoy!