






More Than Food
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Sticky Cranberry Pork with Mustard Mash and Broccoli

“And we won’t leave until we get some...” although traditionally this song celebrates figgy pudding, we’d like to think it fits extremely well to our intensely flavourful, sticky cranberry pork with mustard mash. When the scent of this aromatic dish wafts your way, you will have one option only – keep cooking and don’t leave your kitchen until you’ve got some on the end of your fork!

 30 mins

 family box

 lactose free



Potato (2 packs)



Cider & Horseradish
Wholegrain Mustard
(2 tbsp)



Pork Fillet (4)



Flour (2 bsp)



Red Onion (2)



Dried Cranberries
(½ cup)



Honey (2 tbsp)




Chicken Stock Pot (2)



Broccoli (2)

Ingredients

	2P	4P
Potato, chopped	-	2 packs
Cider & Horseradish Wholegrain Mustard 1	-	2 tbsp
Pork Fillet	-	4
Flour 2	-	2 tbsp
Red Onion, sliced	-	2
Dried Cranberries	-	½ cup
Honey	-	2 tbsp
Chicken Stock Pot	-	2
Broccoli, florets	-	2

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

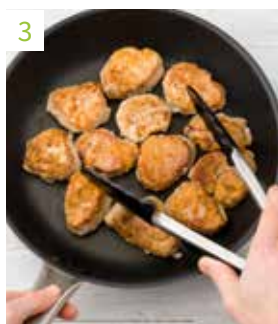
1) Mustard | **2)** Gluten

Nutrition per serving: Calories: 622 kcal | Protein: 43 g | Carbs: 70 g | Fat: 21 g | Saturated Fat: 4 g



1 Boil a large pot of water with ½ tsp of salt. Peel the potatoes and chop roughly into 4cm cubes. Add the potatoes to the boiling water and cook for 20 mins until you can slip a knife through them easily. When your potatoes are cooked, drain them and put them back in their pot. Add 2 tbsp of butter and 4 tbsp of milk (if you have it), ½ tsp of salt, a good grind of pepper and your wholegrain mustard. Mash until you have a smooth consistency, then put a lid on the pot to keep the potatoes warm and set aside until everything else is ready.

keep an eye on the pork while you are chopping the onions!



2 In the meantime, prepare your pork. Cut your pork into 16 steaks about 2cm thick. **LH:** *In a bowl mix together the flour, ½ tsp of salt and a couple of grinds of pepper. Put the pork steaks in the bowl and shake them about a bit so they all have a good coating of flour.*

5 Put 2 tbsp of oil in the frying pan you had your pork in (no need to wash it!), along with the onions and cook for 6 mins on medium-low heat, stirring occasionally – if they take on a little colour that's fine, but don't burn them! Add the cranberries along with 50ml of water and cook for a further 2 mins, then add 400ml of water to the pan along with the honey and stock pots. Bring to a simmer and cook the sauce for 10 mins. **Tip:** *The mixture should become sticky and slightly caramelised but if it reduces too much then add a couple of tbsp water.*



3 Put 2 tbsp of oil in a frying pan on medium heat. Cook the pork for 3-4 mins on each side until browned and cooked through. Once the pork steaks are cooked, transfer them to a plate, cover with foil and set aside.

6 Meanwhile, boil a pot of water with ½ tsp of salt. Separate the broccoli into florets. When the water is boiling, add the broccoli and cook for 4-5 mins, then drain. Once the sauce has been bubbling for 10 mins, put the pork back into the pan with any juices that have escaped and cook on low heat for 2 mins, coating the pork in the sauce (add a couple more tbsp more water if it's reduced too much).



4 While the pork is cooking, peel the onions, cut in half through the root and then thinly slice lengthways into half-moon shapes. **Tip:** *Remember to*

7 Once everything is cooked, serve your sticky pork with your mustard mash and broccoli on the side and the sauce drizzled over the top – yum yum.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!