



More Than Food
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Pork and Apple Sauce with Chantenay Carrots and Roast Potatoes

There's nothing more comforting than food with a twist of nostalgia and this recipe is one of those classics, that so many of us grew up with. Pork, with a tangy apple sauce is the perfect comfort food. So, gather the family around the dinner table and dig in! Why Chantenay carrots? These stocky looking little fellows are known for being the sweetest of all the carrot family. If you ask us, they're the perfect complement to our creamy, crunchy roast potatoes.



45 mins



family box



lactose free



healthy



gluten free



Potato (2 packs)



Pork Loin Medallion (4)



Chantenay Carrots (2 packs)



Braeburn Apple (2)



Honey (4 tbsp)




Vegetable Stock Pot (1)



Apple & Sage Jelly (1 tbsp)

Ingredients

	4 PEOPLE	ALLERGENS
Potato, halved	2 packs	
Pork Loin Medallion	4	
Chantenay Carrots, sliced	2 packs	
Braeburn Apple, sliced	2	
Honey	4 tbsps	
Vegetable Stock Pot	1	Celery, Sulphites
Apple & Sage Jelly	1 tbsps	

 Our fruit and veggies come straight from the farm so give them a little wash before using

LH Step for little hands

Did you know...

Apples are a member of the rose family.

Nutrition per serving: Calories: 423 kcal | Protein: 33 g | Carbs: 63 g | Fat: 6 g | Saturated Fat: 2 g



1 Pre-heat your oven to 200 degrees and bring a pot of water to the boil with $\frac{1}{2}$ tsp of **salt**. Halve the **potatoes** and when the water is boiling, place them in your pot for 10 mins to cook. Then drain them and pop them on a chopping board.



2 Place the flat edges of your **potatoes** on a board and make deep cuts into the curved top of each **potato**. **Tip:** Take care not to cut right through and careful not to burn yourself! Arrange your **potatoes** in an ovenproof dish, drizzle with 4 tbsps of **oil**, $\frac{1}{2}$ tsp of **salt** and a good grind of **black pepper**. Shake your dish to make sure they get a good coating of everything! Pop on the top shelf of your oven for 25-30 mins until crisp and brown.



3 While your **potatoes** are cooking, get on with the **pork**! Heat $1\frac{1}{2}$ tbsps of **olive oil** in a frying pan and fry the **pork** for 2-3 mins on each side, turning once until each piece is nicely browned. **Tip:** Don't wash your pan up, you'll need it later for the apple sauce!



4 LH: Pop the pork on a baking tray, generously grind over some black pepper and cover with a sheet of foil. Cook for a further 8-10 mins

in your oven until cooked through.

Tip: The pork is cooked when no longer pink in the middle. Lift out, wrap loosely in foil to rest and set aside until everything else is ready.

Tip: Resting the meat ensures it is lovely and juicy.

5 Put a pot of water on to boil (you can use the same pot you cooked your potatoes in!) and slice the **carrots** in half lengthways (no need to peel!). Cook them in boiling water for 5-6 mins, until just tender.

6 While your **carrots** are cooking, quarter, peel and core the **apples**. Cut into 1cm thick slices. Add to the pan you were cooking your pork in with the meat juices (no need to wash!), add the **honey, vegetable stock pot, apple and sage jelly** and 100ml of **water**, simmer for 5 mins, until the **apples** are softened.

7 Thickly slice your **pork** and serve with your **potatoes** and **carrots**. Spoon your apple and honey sauce over and enjoy.