



More Than Food
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Apricot and Pecan Stuffed Pork with Honey Glazed Carrots and Green Mash

Purple carrots and green mash sound like an interesting combination, however they are packed full of nutrients. A colourful plate is the key to a nutrient dense meal! By combining broccoli with potato your mash is still delicious and creamy but contains much more fibre, B vitamins and phytonutrients, such as cancer fighting sulforaphane. Little purple chantenay carrots take a bit more time to prepare but their taste and nutritional profile make up for it. They are packed full of vitamin A, beta carotene and the antioxidant anthocyanin.



45 mins



2 of your
5 a day



Potato (1)



Broccoli (1)



Mixed Chantenay Carrots
(250g)



Pecan Nuts
(25g)



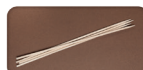
Dried Apricots (40g)



Sausage (65g)



Pork Loin (250g)



Cocktail Sticks (4)



Honey (1 tbsp)



Apple and Sage Jelly
(1 tbsp)


2 PEOPLE INGREDIENTS

- Potato, chopped **1**
- Broccoli, florets **1**
- Mixed Chantenay Carrots, sliced **250g**
- Pecan Nuts **25g**
- Dried Apricots, chopped **40g**
- Sausage **65g**
- Pork Loin **250g**
- Cocktail Sticks **4**
- Honey **1 tbsp**
- Apple and Sage Jelly **1 tbsp**

Allergens: Nut, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	711 kcal / 2989 kJ	32 g	9 g	60 g	29 g	45 g	0 g
Per 100g	131 kcal / 553 kJ	6 g	2 g	11 g	5 g	8 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Pecans are not actually considered a nut, but rather a fruit surrounded by a husk with a stone or pit in the centre, which is the part you eat.

1



1 Preheat your oven to 200 degrees. Chop the **potato** into 2cm chunks (no need to peel!), separate the **broccoli** into florets. Peel the stalk of the **broccoli** and chop it into 2cm chunks. Cut the tops off the **carrots** then slice your **white and purple carrots** in half lengthways (no need to peel). Slice your **orange carrots** into four strips if they are a bit thicker. Roughly chop the **pecan nuts** and chop each **dried apricot** into little pieces. Bring a pot of water to the boil with a good pinch of **salt**.

3

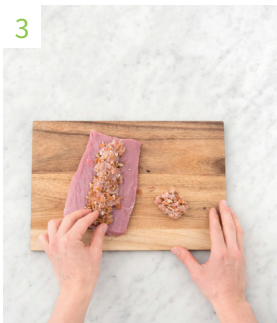


2 Slice the **sausage** skin lengthways, then squeeze your **sausage meat** into a bowl (discard the skin). Add your **nuts, apricots**, and a pinch of **salt** and **pepper**. Mix it all together with your hands, don't be afraid to get your hands sausagey! This is your stuffing!

3 Next you need to butterfly the **pork**! Slice along it lengthways to open it up like a book. Don't slice all the way through though! Stuff your **pork** by spreading your **stuffing** down one side of your opened **pork**, then fold over the other half. You need to leave a 2cm border at each end and along the outside length, so it can be sealed. Once folded over, and with the seam face down, hold it together with cocktail sticks.

Tip: *If you can't fit all the stuffing inside your pork, just roll the excess into ping pong sized balls!*

3



4 Pop your **stuffed pork** onto a lightly greased baking tray and place on the top shelf of your oven for 25 mins (add your **stuffing balls** after 10 mins), then remove from your oven and leave to rest for 5 mins. **Tip:** *The pork and sausage meat are cooked when they are no longer pink in the middle.*

5 Put your **carrots** on another baking tray and drizzle over some **oil** and the **honey**. Sprinkle over some **salt** and **pepper** and shake well to coat. Pop in your oven on the middle shelf for 25-30 mins. Put your **potato** and **broccoli stalk** in the pot of boiling water and cook for 10 mins before adding your **broccoli florets** and cooking for an additional 8 mins. When cooked (you should be able to slip a knife through), remove from the heat, drain (saving some of the water for step 7) and put your **potato** and **broccoli** back in the pot.

6



6 Add a knob of **butter** and a splash of **milk** (if you have some) along with a good pinch of **salt** and a grind of **black pepper**. Mash everything together. Taste and add more **salt** and **pepper** if necessary.

7 Meanwhile, put the **apple and sage jelly** in a small saucepan on medium-low heat to slowly melt. Once melted, add some of your boiling **broccoli/potato water** (2 tbsp per person) and stir well. This is your glaze! Cut your pork carefully into 1cm wide slices and serve with your **carrots** and **green mash**. Drizzle over your **glaze** and enjoy!

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