



# Cheese and Caramelised Onion Pork Steak with Mash and Garlicky Green Beans

Calorie Smart 30-35 Minutes • Under 650 Calories

27



Potatoes



Garlic Clove



Green Beans



Mature Cheddar Cheese



Onion Marmalade



Pork Loin Steak

**Pantry Items**  
Oil, Salt, Pepper, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, garlic press, grater, bowl, frying pan, lid, baking tray, aluminium foil, colander and potato masher.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Green Beans**	150g	200g	300g
Mature Cheddar Cheese** 7)	30g	40g	60g
Onion Marmalade	20g	30g	40g
Pork Loin Steak**	2	3	4

Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>466g</b>	<b>100g</b>
Energy (kJ/kcal)	2181 /521	468 /112
Fat (g)	21.1	4.5
Sat. Fat (g)	6.0	1.3
Carbohydrate (g)	48.3	10.4
Sugars (g)	8.4	1.8
Protein (g)	38.6	8.3
Salt (g)	0.76	0.16

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](https://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**. Grate the **cheese**.

Put the **onion marmalade** into a bowl and use a spoon to break it up.



## Grill Time

Once the **pork** is cooked, transfer to a baking tray. **IMPORTANT:** *The pork is cooked when no longer pink in the middle.*

Spread the **onion marmalade** onto the **steaks**. Top with the **grated cheese**, pressing it down with the back of a spoon.

When hot, grill until the **cheese** is golden and bubbly, 2-3 mins. Allow to rest for 2 mins before serving.

Scan to get your exact PersonalPoints™ value



## Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



## Bring on the Beans

While the **pork** is grilling, pop your (now empty) frying pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry.

Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins.

Stir in the **garlic**, then turn the heat down to medium and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat. Season with **salt** and **pepper**.



## Fry the Pork

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**.

Once the **oil** is hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

Reduce the heat to medium, then fry for an additional 4-6 mins, turning every couple of mins. Meanwhile, preheat your grill to high.



## Finish and Serve

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

When everything's ready, serve the **pork** with the **mash**, **garlicky beans** and a dollop of **mayo** (see pantry for amount) alongside.

## Enjoy!