



# Cheese and Caramelised Onion Pork Steaks

with Wedges and Garlicky Greens

N° 11

**FAMILY** Hands On Time: 15 Minutes • Total Time: 40 Minutes



Potato



Garlic Clove



Cheddar Cheese



Original Onion Marmalade



Pork Steak



Sliced Spring Greens

## Before you start

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

### Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Coarse Grater, Frying Pan and Baking Tray.

### Ingredients

|                          | 2P           | 3P           | 4P            |
|--------------------------|--------------|--------------|---------------|
| Potato**                 | 1 small pack | 1 large pack | 2 small packs |
| Garlic Clove**           | 1 clove      | 2 cloves     | 2 cloves      |
| Cheddar Cheese 7)**      | 1 block      | 2 blocks     | 2 blocks      |
| Original Onion Marmalade | 1 pot        | 1½ pots      | 2 pots        |
| Pork Steak**             | 2            | 3            | 4             |
| Sliced Spring Greens**   | 1 small pack | 1 large pack | 2 small packs |

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

### Nutrition

|                          | Per serving | Per 100g |
|--------------------------|-------------|----------|
| for uncooked ingredients | 463g        | 100g     |
| Energy (kJ/kcal)         | 1981 /474   | 428 /102 |
| Fat (g)                  | 12          | 3        |
| Sat. Fat (g)             | 5           | 1        |
| Carbohydrate (g)         | 55          | 12       |
| Sugars (g)               | 15          | 3        |
| Protein (g)              | 39          | 8        |
| Salt (g)                 | 0.46        | 0.10     |

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

#### 7) Milk

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

#### Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

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

You can recycle me!



Packed in the UK



## 1. Roast the Wedges

Preheat your oven to 200°C. Chop the **potatoes** into 2cm wide wedges (no need to peel!). Pop them on a baking tray, drizzle with **oil**, season with **salt** and **pepper**. Toss to coat. Roast on the top shelf of your oven until golden on the outside and soft in the middle, 25-30 mins. Turn halfway through cooking.



## 4. Grill Time!

Once the **potatoes** are cooked, transfer them to the bottom shelf of the oven and switch the oven to grill on high heat. **TIP:** *If your grill is separate to your oven, you can leave your potatoes where they are until ready and heat your grill to high.* When hot, grill the **pork** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT:** *The pork is cooked when no longer pink in the middle. Allow to rest for 2 mins before serving.*



## 2. Finish the Prep

Peel and grate the **garlic** (or use a garlic press). Grate the **Cheddar cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.



## 5. Fry the Greens

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. Add the **spring greens** with a splash of **water** and season with **salt** and **pepper**. Stir fry until softened, 4-5 mins, then add the **garlic**. Stir together and cook for another minute. Remove the pan from the heat.



## 3. Start the Pork

Heat a drizzle of **oil** in a pan on medium high heat. Season the **pork** with **salt** and **pepper**. Once the pan is hot, lay in the **pork**, fry until golden brown, 4-5 mins each side. **IMPORTANT:** *Wash your hands after handling raw meat.* Transfer the **pork** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **steak**, use a spoon to spread it out. Divide the **cheese** between the tops of the **steaks**, press it down with the back of a spoon.



## 6. Finish and Serve

Once everything is ready, serve the **pork** with the **wedges** and **garlicky greens** alongside. Pour over any **juices** from the tray.

## Enjoy!

### There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.