



Cheese and Caramelised Onion Pork Steaks with Wedges and Garlicky Greens

Calorie Smart 40 Minutes

25



Potato



Garlic Clove



Cheddar Cheese



Original Onion
Marmalade



Pork Steak



Spring Greens

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Garlic Press, Bowl and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Garlic Clove	1	2	2
Cheddar Cheese 7)**	30g	45g	60g
Original Onion Marmalade	40g	60g	80g
Pork Steak**	2	3	4
Spring Greens**	150g	200g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	463g	100g
Energy (kJ/kcal)	1980 /473	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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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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, then 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.



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.



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.



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.



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.



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.