



Cheese and Caramelised Onion Pork Steaks

with Mashed Potato and Garlicky Green Beans

Calorie Smart 40 Minutes • Under 600 Calories

26



Potatoes



Garlic Clove



Green Beans



Cheddar Cheese



Onion Marmalade



Pork Steak

Before you start

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

Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Bowl, Garlic Press, Frying Pan, Baking Tray, Colander and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove	1	2	2
Green Beans**	150g	200g	300g
Cheddar Cheese 7)**	30g	45g	60g
Onion Marmalade	20g	30g	40g
Pork Steak**	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	1800/430	398/95
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	46	10
Sugars (g)	4	1
Protein (g)	38	8
Salt (g)	0.40	0.09

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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HelloFresh UK

Packed in the UK

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Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). 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.



Cook the Potatoes

Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



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**, using a spoon to spread it out. Divide the **cheese** between the tops of the **steaks**, press it down with the back of a spoon.



Grill Time

Put your grill onto 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.** Remove from the grill, loosely cover with foil and allow to rest for a couple of mins before serving.



Fry 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. Add the **green beans** and season with **salt** and **pepper**. Stir-fry until slightly charred, 2-3 mins. Add the **garlic**, stir together and cook for another minute. Add a splash of **water**, cover the pan with a lid or some tin foil and allow to steam-fry until the **beans** are tender, 3-4 mins. Remove the pan from the heat.



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. Once everything is ready, serve the **pork** with the mash and **garlicky beans** alongside.

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.