



# Cheese and Caramelised Onion Pork Steaks with Wedges and Peas

Calorie Smart 35-40 Minutes • Under 650 Calories

26



Potatoes



Garlic Clove



Mature Cheddar Cheese



Onion Marmalade



Pork Steak



Peas

## Before you start

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

## Cooking tools

Baking tray, garlic press, grater, bowl and frying pan.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove**	1	2	2
Mature Cheddar Cheese** 7)	30g	45g	60g
Onion Marmalade	40g	80g	80g
Pork Steak**	2	3	4
Peas**	120g	180g	240g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	448g	100g
Energy (kJ/kcal)	1980 /473	442 /106
Fat (g)	12	3
Sat. Fat (g)	5	1
Carbohydrate (g)	56	13
Sugars (g)	13	3
Protein (g)	40	9
Salt (g)	0.39	0.09

Nutrition for uncooked ingredients based on 2 person recipe.  
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.

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## Contact

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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 onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## 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, 2-3 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 **cheese**. Put the **onion marmalade** into a small bowl and use a spoon to break it up.



## Cook the Peas

While the **pork** is grilling, pop your (now empty) frying pan back on medium-high heat. When the pan is hot, add the **peas** and **garlic** and stir-fry for 2-3 mins. Remove the pan from the heat.



## Start the Pork

Heat a drizzle of **oil** in a frying pan on medium-high heat. Season the **pork steaks** with **salt** and **pepper**. Once the pan is hot, lay in the **pork** and fry until golden brown, 2-3 mins each side. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Transfer the **pork** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the **steaks**, then use a spoon to spread it out. Top with the **grated cheese**, pressing it down with the back of the spoon.



## Finish and Serve

Once everything is ready, serve the **pork** with the **wedges** and **garlicky peas** alongside.

Enjoy!

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