



GRILLED PORK SHOULDER & APPLES

with Mash, Broccoli and Red Fruit Sauce



HELLO APPLE

Did you know that apples are part of the rose family? Look at the flowers to see a similarity!



Pork Shoulder with Pomegranate Glaze



Potato



Apple



Broccoli



Rich Redcurrant Jelly

MEAL BAG

35 mins

1 of your 5 a day

Just like a rib-eye steak, pork shoulders have lots of intramuscular fat (giving them a really rich flavour) and like strip steak, it has a lovely satisfying chew. In this recipe, the pork steaks have been marinated in a sweet and sticky pomegranate sauce for a flavour that you can't beat. Served with sweet roasted apples, creamy mash, steamed broccoli, and a delicious red fruit jus, you can't go wrong with this fresh and flavoursome recipe.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Colander**, **Potato Masher**, **Peeler**, **Baking Tray**, some **Foil**, a **Frying Pan** and **Measuring Jug**. Now let's get cooking!



1 BOIL THE POTATO

Bring a large saucepan of water to the boil. Chop the **potatoes** into 2cm chunks (no need to peel). Add the **potato** to the **water** and cook until tender, 15 mins. **★ TIP:** *The potato is cooked once you can easily slip a knife through.* Once cooked, drain in a colander then return to the pan (off the heat). Mash well using a potato masher, adding a knob of **butter** (if you have any) and a pinch of **salt** and **pepper**. Cover with a lid to keep warm until serving.



2 DO THE PREP

Preheat your grill to high. Peel, core and quarter the **apple** then cut into 2cm chunks. Place the **apple** on a baking tray lined with tin foil. Drizzle over a little **oil** and season with a pinch of **salt** and **pepper**. Toss to coat then push the **fruit** to one side of the tray, making space for the **pork** to sit in the centre. Place the **marinated pork** in the centre of the tray.



3 GET GRILLING

Place the baking tray under the grill and cook for 12 mins, turning the **pork** over halfway through cooking. Once done, allow to rest for a few mins - this will make the **pork** nice and juicy! **! IMPORTANT:** *The pork is cooked when it is no longer pink in the middle!*



4 FRY THE BROCCOLI

Meanwhile, chop the **broccoli** into florets (like small trees!). Put a frying pan on medium-high heat with a drizzle of **oil**. Once hot, add the **broccoli** and a pinch of **salt** and **pepper**. Add a splash of **water** and pop a lid on the pan. Cook until tender, 6-7 mins, then remove the lid and continue frying until the **broccoli** is a little brown and crispy, 2-3 mins. Transfer to a bowl. Cover with tin foil to keep warm.



5 MAKE THE SAUCE

Return the now empty broccoli pan to medium heat and add the **redcurrant jelly** and **water** (see ingredients for amount). Bring to the boil then reduce the heat and let simmer until thickened and shiny, 2-3 mins.



6 SERVE AND EAT!

Divide the **mash** between plates with the **pork shoulder** and **grilled apples** on top, then the **broccoli** on the side. If there are any **juices** on the grill baking tray, make sure you drizzle them over the **pork** and **mash**. Finish with the **red fruit sauce** over the **pork**. Serve immediately. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Pork Shoulder with Pomegranate Glaze *	240g	360g	480g
Potato *	1 small pack	1 large pack	2 small packs
Apple *	1	1½	2
Broccoli *	1	1½	2
Rich Redcurrant Jelly	1 pot	1½ pots	2 pots
Water*	75ml	125ml	150ml

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 563G	PER 100G
Energy (kJ/kcal)	2318 / 554	412 / 98
Fat (g)	20	4
Sat. Fat (g)	6	1
Carbohydrate (g)	64	11
Sugars (g)	17	3
Protein (g)	31	5
Salt (g)	1.12	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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