



Grilled Pork Steaks with Mustardy Creamy Lentils

Rapid 20 Minutes • 1 of your 5 a day

14



Carrot



Flat Leaf Parsley



Garlic Clove



Brown Lentils



Pork Steak



Honey



Wholegrain Mustard



Chicken Stock Paste



Baby Spinach



Creme Fraiche

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Bowl, Saucepan, Aluminium Foil
Wooden Spoon, Measuring Jug.

Ingredients

	2P	3P	4P
Carrot**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Pork Steak**	2	3	4
Honey	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9)	17g	25g	34g
Water for the Lentils*	100ml	125ml	150ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	150g	200g
Creme Fraiche 7)**	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	466g	100g
Energy (kJ/kcal)	1999 /478	429 /103
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	32	7
Sugars (g)	13	3
Protein (g)	41	9
Salt (g)	1.82	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 9) Mustard

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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Prep the Veggies

a) Preheat your grill to high and line a baking tray with foil.

b) Trim the **carrot**, halve lengthways then thinly slice (no need to peel). Roughly chop the **parsley** (stalks and all). Peel and grate the garlic (or use a **garlic** press).

c) Drain and rinse the **brown lentils**.



Finish the Lentils

a) Stir in the remaining **mustard** and the **water for the lentils** (see ingredients for amount). Bring to the boil, stir in the **chicken stock paste**, then simmer for 2 mins.

b) Stir in the **spinach** in handfuls and cook until wilted and piping hot, 2-3 mins. Once the **spinach** has wilted, stir in the **creme fraiche** and **lentils**.

c) Bubble away for another min until everything is piping hot. Taste and season with **salt** and **pepper** if needed.



Grill the Pork

a) Season the **pork steaks** with **salt** and **pepper** and drizzle with **oil**. Lay the **pork steaks** on your baking tray and grill for 4-5 mins on each side.

IMPORTANT: Wash your hands and equipment after handling raw meat.

b) Mix the **honey** and **half** the **mustard** in a bowl.

c) When cooked, transfer the **pork** to a large piece of foil and spoon on the **honey mustard** mixture. Wrap loosely in the foil to rest for a few mins.

IMPORTANT: The pork is cooked when no longer pink in the middle.



Slice the Pork

a) Slice the **pork** into thin strips when rested. Don't discard any **juices**.



Cook the Veggies

a) Meanwhile, heat a splash of **oil** in a saucepan over medium-high heat.

b) Add the **carrot**, stir and cook until soft, 4-5 mins.

c) Stir in the **garlic** and cook for 1 min.



Serve

a) Mix any **pork juices** into the **lentils**, bring back up to the boil, then stir in **half** the **parsley**.

b) Spoon the **creamy lentils** into your bowls. Top with the **pork slices** and a sprinkle of remaining **parsley**.

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.