



# Grilled Pork with Mustardy Creamy Lentils

**Rapid** 20 Minutes • Little Spice • 2 of your 5 a day

13



Carrot



Flat Leaf Parsley



Garlic Clove



Lentils



Pork Steak



Wholegrain Mustard



Chicken Stock Powder



Baby Spinach



Crème Fraîche



## Before you start

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

## Cooking tools, you will need:

Baking Tray, Tin Foil, Chopping Board, Sharp Knife, Fine Grater (or Garlic Press), Saucepan and Measuring Jug.

## Ingredients

	2P	3P	4P
Carrot**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1 clove	2 cloves	2 cloves
Lentils	1 carton	1½ cartons	2 cartons
Pork Steak**	2	3	4
Water for the Lentils*	100ml	125ml	150ml
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Crème Fraîche 7)**	75g	100g	150g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	407g	100g
Energy (kJ/kcal)	1858/444	457/109
Fat (g)	19	5
Sat. Fat (g)	10	2
Carbohydrate (g)	27	7
Sugars (g)	7	2
Protein (g)	40	10
Salt (g)	1.52	0.37

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

### Thumbs up or thumbs down?

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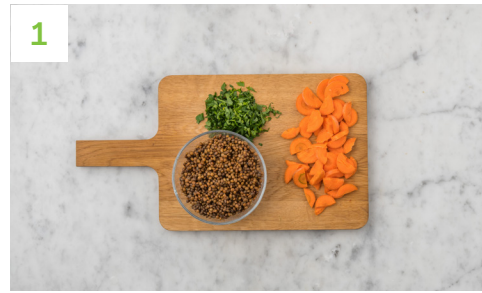
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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Prep the Veggies

**a)** Pre-heat your grill to high and line a baking tray with foil.

**b)** Trim the **carrot**, halve lengthways then slice thinly, roughly chop the **parsley** (stalks and all). Peel and grate the **garlic** (or use a garlic press).

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



## Grill the Pork

**a)** Season the **pork steaks** with **salt** and **pepper** and drizzle on a splash of **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)** When cooked, remove the **pork** and wrap loosely in foil to rest for a few mins. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



## 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 softened, 4-5 mins.

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

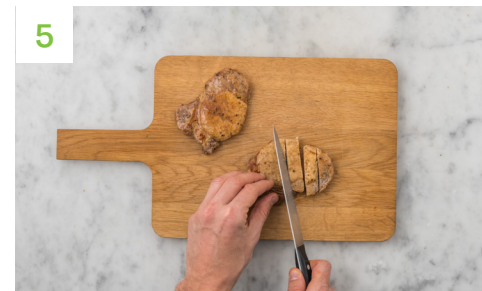


## Finish the Lentils

**a)** Stir in the **mustard** and **water** (see ingredients for amount). Bring to the boil then stir in and dissolve the **chicken stock powder**.

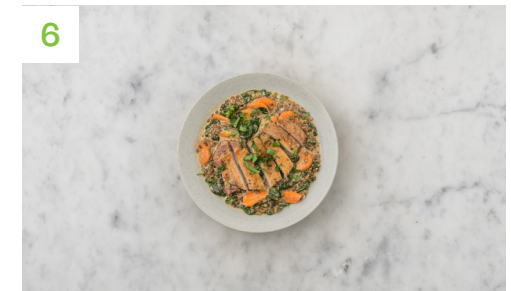
**b)** Simmer for 2 minutes, stir in the **spinach** in handfuls and cook until wilted and piping hot, 2-3 mins. Once the **spinach** has wilted, stir in the **crème fraiche** and **lentils**.

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



## Slice the Pork

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



## 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.