



Honey Mustard Glazed Pork

with Mash, Sautèed Leeks and Cabbage

N° 11

FAMILY Hands on Time: 25 Minutes • Total Time: 35 Minutes • 1.5 of your 5 a day



Potato



Leek



Shredded
Savoy Cabbage



Pork Loin Steak



Honey



Wholegrain Mustard



Apple and Sage Jelly

Before you start

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

Basic cooking tools you will need:

Large Saucepan, Frying Pan and Colander.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Leek**	1	2	2
Shredded Savoy Cabbage**	1 small bag	1 large bag	2 small bags
Pork Loin Steak**	2	3	4
Honey	1 sachet	1½ sachets	2 sachets
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Apple and Sage Jelly	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	511g	100g
Energy (kJ/kcal)	2048 / 490	401 / 96
Fat (g)	15	3
Sat. Fat (g)	5	1
Carbohydrate (g)	56	11
Sugars (g)	18	4
Protein (g)	34	7
Salt (g)	0.37	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

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

Contact

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1. Start the Potatoes

Chop the **potatoes** into 2cm chunks (no need to peel). Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the potatoes. When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways.



4. Cook the Pork

Once the **pork** is cooked, add the **honey** and **mustard** to the pan and turn to coat the pork in it until sticky, 30 seconds. Remove from the heat. Once cooked, transfer the **pork** to a chopping board, cover with foil and leave to rest. Remove the pan from the heat but don't wash the pan, we'll use it again. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle.



2. Cook the Greens

Heat a saucepan over medium heat with a drizzle of **oil** and some **butter** if you have some. Add the **leek** and cook until soft, 6-7 mins, stirring regularly. Add the **cabbage** with a splash of **water**. Season with **salt** and **pepper**, cover with a lid and cook until soft, 5-6 mins.



5. Mash the Potatoes

Drain the **potatoes** in a colander then return to the pan with a knob of **butter** and a splash of **milk** (if you have some). Roughly mash and season with **salt** and **pepper**.



3. Start the Pork

While the cabbage is cooking, heat a frying pan over high heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**, then lay the **pork** in your hot pan and cook until golden brown, 4-5 mins each side. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle. **IMPORTANT:** Wash your hands after handling raw meat.



6. Finish Up!

Return the frying pan you cooked the **pork** in to medium heat add the **apple and sage jelly** with a splash of water and bring to a simmer and remove from the heat. Warm the **mashed potatoes** and **vegetables** up if you need to then serve the **pork** with the **mash**, the **greens** and **sauce** drizzled over.
Enjoy!