



PAN-FRIED PORK

with Roasted New Potatoes, Sugar Snap Peas and Minted Apple Salsa



HELLO MINT

Minty things taste cool because menthol affects the same sensors in the mouth that respond to temperature.



New Potatoes



Dried Thyme



Apple



Honey



Hazelnuts



Mint



Flat Leaf Parsley



Lemon



Pork Loin Steaks



Sugar Snap Peas

For a fresh, healthy recipe that you can knock together in no time at all, this recipe ticks all the boxes. Apples and pork are frequently cooked together, but we're pretty sure you won't have seen them served like this before... To give this recipe a springtime twist, Chef Mimi decided to make a caramelised apple salsa to serve alongside succulent pan-fried pork and crunchy sugar-snap peas. A salsa that'll make you want to salsa? You've found it.

40 mins

1.5 of your
5 a day

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, a **Baking Tray**, **Peeler**, **Frying Pan**, **Rolling Pin**, **Mixing Bowl**, some **Foil** and some **Kitchen Paper**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 220°C. Halve the **new potatoes** (no need to peel!). Pop them on a lined baking tray and drizzle over some **oil**. Season with a pinch of **salt**, **pepper** and the **dried thyme**. Shake the tray to make sure they are evenly coated. Roast on the top shelf of your oven until crispy and golden brown, 25-30 mins. Turn halfway through cooking.



4 PAN-FRY THE PORK

Wipe out your frying pan with some kitchen paper, add a drizzle of **oil** and put it on medium-high heat. Season both sides of the **pork** with a pinch of **salt** and **pepper**. Lay the **pork** in your frying pan and cook for 4-5 mins on each side. **! IMPORTANT:** The pork is cooked when it is no longer pink in the middle. Remove to a plate, cover with foil and leave to rest for 5 mins.



2 CARAMELISE THE APPLE

Meanwhile, peel and quarter the **apple**, remove the core and chop into 1cm pieces. Put a frying pan on medium heat and add the **apple**, **half** the **honey** and **half** the **water** (see ingredients for amount). Stir and bring to a simmer. Cook, stirring every 2 mins, until the **water** has evaporated and the **apple** is soft, golden and caramelised, 5-6 mins total. Take off the heat and stir in the remaining **honey** and **water**. Keep to the side.



5 COOK THE SUGAR SNAPS

Wipe out your frying pan again, add another drizzle of **oil** and put it on medium heat. Add the **sugar snap peas** and cook until slightly charred and softened, 5 mins. Remove the pan from the heat.



3 PREP THE SALSA

In the meantime, put the **hazelnuts** in a freezer bag. Bash them with a rolling pin to crush. Pick the **mint leaves** from their stalks and finely chop (discard the stalks). Finely chop the **parsley** (stalks and all). When the **apple** is done, pop it in a mixing bowl with the **hazelnuts**, **olive oil** (see ingredients for amount) and a squeeze of **lemon juice**. Stir, taste and add more **lemon juice** if needed. Cover with foil to keep warm.



6 FINISH AND SERVE

Stir the **mint** and **parsley** through the **apple salsa**. Serve the **pork** on plates with the **roasted potatoes** and **sugar snap peas** on the side and a generous spoonful of **minted apple salsa** on top. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, halved	1 pack
Dried Thyme	½ tbsp
Apple, chopped	1
Honey	2 tbsp
Water*	4 tbsp
Hazelnuts, crushed 2)	25g
Mint, chopped	½ bunch
Flat Leaf Parsley, chopped	1 small bunch
Olive Oil*	2 tbsp
Lemon	¼
Pork Loin Steaks	2
Sugar Snap Peas	1 pack

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 506G	PER 100G
Energy (kcal)	591	117
(kJ)	2473	488
Fat (g)	24	5
Sat. Fat (g)	6	1
Carbohydrate (g)	59	12
Sugars (g)	25	5
Protein (g)	37	7
Salt (g)	0.16	0.03

ALLERGENS

2) Nut

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

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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