

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





Honey











Pork Loin Steaks

Sugar Snap Peas

40 mins



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.

BEFORE YOU

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!



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.



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.



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.



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. **(1)** 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.



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.



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!

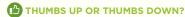
INGREDIENTS

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	1/4
Pork Loin Steaks	2
Sugar Snap Peas	1 pack
*National code of	

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.



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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60 Worship St, London EC2A 2EZ





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