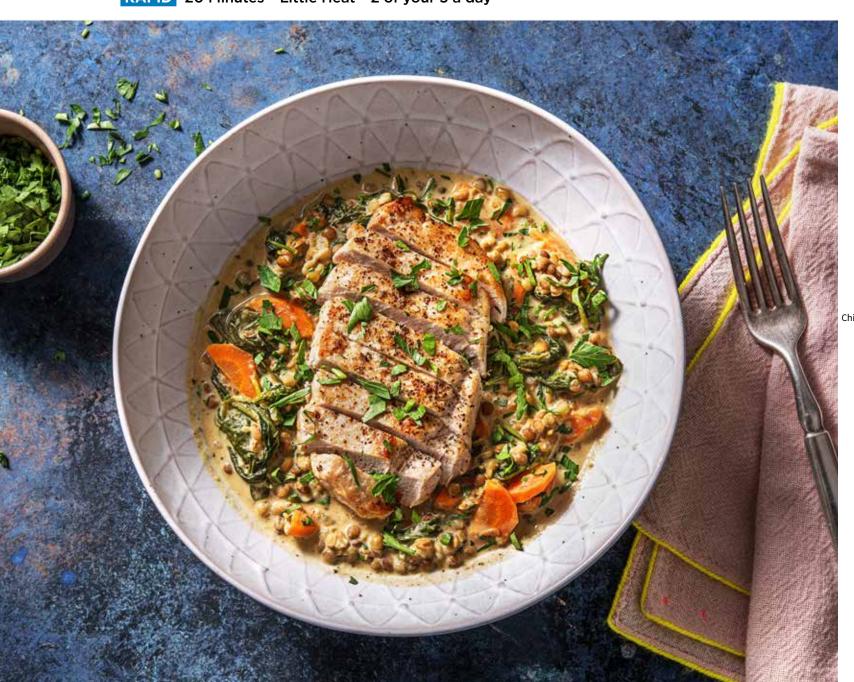


Grilled Pork

with Mustardy Creamy Lentils

RAPID 20 Minutes • Little Heat • 2 of your 5 a day















Garlic Clove

Lentils





Pork Loin Steak

Wholegrain Mustard





Chicken Stock Powder

Baby Spinach



Crème Fraîche

Before you start

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

Basic cooking tools you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve and Saucepan.

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 Loin Steak**	2	3	4
Wholegrain Mustard 9)	1 pot	1½ pots	2 pots
Water for the Lentils*	100ml	120ml	150ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Baby Spinach**	1 small bag	¾ large bag	1 large bag
Crème Fraîche 7)**	100g	150g	200g

^{*}Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	440g	100g
Energy (kJ/kcal)	1778 /425	404 /97
Fat (g)	24	5
Sat. Fat (g)	10	2
Carbohydrate (g)	21	5
Sugars (g)	8	2
Protein (g)	38	9
Salt (g)	1.48	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

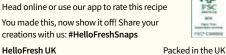
7) Milk 9) Mustard

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

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1. 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.
- c) Roughly chop the parsley (stalks and all).
- d) Peel and grate the garlic (or use a garlic press).
- e) Drain and rinse the lentils.



2. Grill the Pork

- a) Season the pork steaks with salt and pepper and drizzle on a splash of oil.
- b) Lay the pork steaks on your baking tray and grill for 4-5 mins on each side. *IMPORTANT:* The pork is cooked when no longer pink in the middle.
- c) When cooked, remove the pork and wrap loosely in foil to rest for a few mins.



3. 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.



4. Finish the Lentils

- a) Stir in the mustard and water (see ingredients for amount).
- **b)** Bring to the boil then stir in and dissolve the stock powder.
- c) Simmer for 2 mins then stir in the baby spinach a handful at a time.
- d) Cook for 2 mins until the spinach has wilted then stir in the crème fraîche and lentils.
- e) Bubble away for another minute until everything is piping hot. Taste and season with salt and pepper if you like.



5. Slice the Pork

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



6. 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.
- c) 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.