



Grilled Pork

with Mustardy Creamy Lentils

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

N° 15



Carrot



Flat Leaf Parsley



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 you 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.

Contact

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You can recycle me!



Packed in the UK



1. Prep the Veggies

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



4. Finish the Lentils

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



2. Grill the Pork

- 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:** The **pork** is cooked when no longer pink in the middle.
- When cooked, remove the **pork** and wrap loosely in foil to rest for a few mins.



5. Slice the Pork

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



3. Cook the Veggies

- Meanwhile, heat a splash of **oil** in a saucepan over medium-high heat.
- Add the **carrot**, stir and cook until softened, 4-5 mins.
- Stir in the **garlic** and cook for 1 minute.



6. Serve

- Mix any **pork juices** into the **lentils**, bring back up to the boil, then stir in **half** the **parsley**.
- 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.