



Pan-Fried Pork Loin

with Creamy Potato & Spinach Salad and Garlicky Green Beans

Calorie Smart 35 Minutes • Little Spice • 1 of your 5 a day • Under 600 Calories

26



Potatoes



Green Beans



Garlic Clove



Chives



Soured Cream



Wholegrain Mustard



Pork Loin
Steak



Baby Spinach

Before you start

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

Cooking tools, you will need:

Baking Tray, Bowl and Frying Pan (with Lid).

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Green Beans**	150g	200g	300g
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Soured Cream** (7)	75g	120g	150g
Wholegrain Mustard (9)	17g	25g	34g
Pork Loin Steak**	2	3	4
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	577g	100g
Energy (kJ/kcal)	1905/455	330/79
Fat (g)	14	2
Sat. Fat (g)	6	1
Carbohydrate (g)	45	8
Sugars (g)	4	1
Protein (g)	39	7
Salt (g)	0.53	0.09

Nutrition for uncooked ingredients based on 2 person recipe.
SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the chunks onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway through.



Cook the Spinach

Meanwhile, once the **potatoes** are crispy, remove them from your oven. Spread the **spinach** out on top and bake in your oven until the **spinach** is wilted and piping hot, 3-4 mins. Remove and set aside.



Finish the Prep

Meanwhile, trim the **green beans**. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **chives**. Put the **soured cream** in a large bowl and add the **wholegrain mustard**, half the **chives** and a pinch of **salt** and **pepper**. Mix together and leave to the side.



Fry the Beans

While the **pork** is resting, pop your frying pan back on medium-high heat and add a drizzle of **oil** if your pan is dry. Once the pan is hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Allow to cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



Fry the Pork

Once you've turned the **potatoes**, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 6 mins, turning every couple of mins. Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Finish and Serve

Add the **mustard and soured cream mix** to the **potato** and **spinach** on the tray, then mix together and then spoon onto plates. Thinly slice the **pork** and serve on top of the **potato salad** with the **green beans** alongside and the remaining **chives** sprinkled on top.

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.