



Pan-Fried Pork Steak with Mustardy Creamy Lentils

Calorie Smart 20 Minutes • 1 of your 5 a day • Under 600 Calories

26



Carrot



Flat Leaf Parsley



Garlic Clove



Brown Lentils



Honey



Wholegrain Mustard



Pork Steak



Chicken Stock Paste



Baby Spinach



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, bowl, frying pan, aluminium foil and measuring jug.

Ingredients

	2P	3P	4P
Carrot**	1	1½	2
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Honey	1 sachet	2 sachets	2 sachet
Wholegrain Mustard 9)	17g	25g	34g
Pork Steak**	2	3	4
Water for the Lentils*	100ml	125ml	150ml
Chicken Stock Paste	10g	15g	20g
Baby Spinach**	100g	200g	200g
Crema Fraiche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	461g	100g
Energy (kJ/kcal)	1983/474	430/103
Fat (g)	20	4
Sat. Fat (g)	10	2
Carbohydrate (g)	30	7
Sugars (g)	12	2
Protein (g)	41	9
Salt (g)	1.87	0.41

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

Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

a) Trim the **carrot**, halve lengthways, then thinly slice (no need to peel). Roughly chop the **parsley** (stalks and all).

b) Peel and grate the **garlic** (or use a garlic press).

c) Drain and rinse the brown **lentils** in a sieve.

d) Mix the **honey** and **half** the **mustard** in a bowl.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.



Finish the Lentils

a) Stir the remaining **mustard** and the **water for the lentils** (see ingredients for amount) into the frying pan. Bring to the boil, stir in the **chicken stock paste**, then simmer for 2 mins.

b) Stir in the **spinach** in handfuls and cook until wilted and piping hot, 2-3 mins. Once the **spinach** has wilted, stir in the **creme fraiche** and **lentils**.

c) Bubble away for another min until everything is piping hot. Taste and season with **salt** and **pepper** if needed.



Fry the Pork

a) Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork steaks** with **salt** and **pepper**.

b) Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side.

c) Reduce the heat to medium and fry for an additional 6-8 mins, turning every couple of mins.
IMPORTANT: Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.



Slice the Pork

a) Once rested, thinly slice the **pork steak** widthways.

b) Pour any **resting juices** into the **lentils** and bring back up to the boil until piping hot.



Cook the Veggies

a) While the **pork** cooks, heat a drizzle of **oil** in a medium frying pan on medium-high heat.

b) When hot, add the **carrot** and cook until soft, 4-5 mins.

c) Stir in the **garlic** and cook for 1 min more.

d) Once the **pork** is cooked, remove to a plate and spoon over the **honey mustard**. Cover with another plate or foil to rest.



Serve

a) Once piping hot, remove the **lentils** from the heat and stir through **half** the **parsley**.

b) Spoon the **lentils** into your bowls. Top with the **sliced pork** and a sprinkle of the remaining **parsley** to finish.

Enjoy!

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