



More Than Food
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Pistachio and Prune Stuffed Pork Loin with Mashed Parsnips and Mangetout

Pistachios have had some pretty famous fans throughout history. The Queen of Sheba loved pistachios so much that she demanded that the entire region's pistachio harvest be set aside for her! We tend to agree and thought this delicious little nut would add tasty flavours to a stuffing. We think it's so delicious you may want to use it as inspiration for a fresh spin on your traditional Christmas stuffing!



45 mins



1 of your
5 a day



Pistachios
(25g)



Prunes
(40g)



Parsnip
(1)



Potato
(1)



Pork Loin (250g)



Pork Sausage
(65g)



Water (300ml)



Olive Oil/Butter
(1 tbsp)



Flour (16g)



Chicken Stock Pot
($\frac{1}{2}$)



Mangetout
(1 pack)


2 PEOPLE INGREDIENTS

- Pistachios **25g**
- Prunes, chopped **40g**
- Parsnip, chopped **1**
- Potato, chopped **1**
- Pork Loin **250g**
- Pork Sausage **65g**
- Water **300ml**
- Olive Oil/Butter **1 tbsp**
- Flour **16g**
- Chicken Stock Pot **½**
- Mangetout **1 pack**

Allergens: Nut, Gluten, Milk, Sulphites.

Nutrition as per prepared and listed ingredients

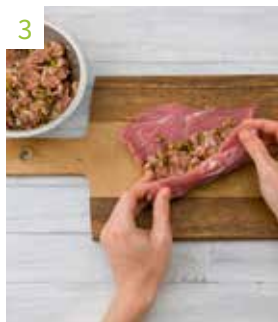
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	643 kcal / 2699 kJ	29 g	9 g	51 g	15 g	46 g	2 g
Per 100g	153 kcal / 641 kJ	7 g	2 g	12 g	3 g	11 g	1 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Mangetout is French for 'eat all'.

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract



1 Preheat your oven to 180 degrees and boil two medium-sized pots of water. Remove **the pistachio nuts** from their shells and chop roughly. Chop the **prunes** into ½cm pieces. Peel the **parsnip** and **potato**, then chop into roughly 3cm cubes. Next, you need to butterfly the **pork loin**! Slice along it lengthways to open it up like a book. Don't slice all the way through as the 'spine' of your book will hold both sides together.

2 Split the **sausage** and squeeze the **meat** into a bowl, discarding the skin. Add your **pistachios** and **prunes**. Mix it all together with your hands, don't be afraid to get sausageey!

3 Stuff your **pork** by spreading your **sausage mixture** down one side of the opened fillet, then fold over the other half. You need to leave a 2cm border at each end and along the outside length of the fillet, so you are able to seal it. Once folded, the seam needs to be facing downwards. **Tip:** *If there is too much stuffing, just roll the excess into ping pong sized stuffing balls.*

4 Drizzle a little **oil** on a baking tray, put your **pork** on the tray, season with **salt** and **black pepper** and pop in your oven for 25 mins. Add any excess **stuffing balls** halfway through cooking. After 25 mins take your **pork** out of your oven, cover with some tinfoil and leave to rest. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

5 Meanwhile, boil your **parsnips** in one of the pots of water, for 20 mins. After 5 mins add your **potato** to the pot. **Tip:** *The parsnips and potato are cooked when you can easily slip a knife through.* Once cooked, drain and put back in the pot. Reserve some of your **cooking water** (amount specified in the ingredient list) for your gravy.

6 Add some **butter** or **olive oil** (amount specified in the ingredient list) to a frying pan on medium heat, once melted, add the **flour**. Stir and cook for 3 mins. **Tip:** *This is called a roux!* Add the **chicken stock pot** and **cooking water** (reserved from the parsnip and potatoes) and stir together with a whisk. Bring to the boil, stirring continuously to remove lumps. The mixture should thicken as it comes to the boil. Once boiling, turn the heat to low and simmer gently for 5-7 mins, then remove from the heat. **Tip:** *Add a splash of water if it's too thick for you!*

7 Meanwhile, cook the **mangetout** in the other pot for 4 mins then drain. Add a pinch of **salt** and **pepper**, a knob of **butter** and a splash of **milk** (if you have some) to the **parsnip** and **potato** and mash until smooth. That's it! Cut your pork into a few slices, lay it on the plate with your mashed parsnips and mangetout served on the side, and your gravy poured over the top!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!