







More Than Food
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Pork Chops with Glazed Apples and Potatoe

We love a classic British dish and what could be more classic than pork chops and apple sauce? If possible, we think it can be made slightly better with homemade glazed apples! We have sourced the sweetest apples to bring out the most delicious flavour of the pork. Enjoy!

 30 mins

 mild

 2.5 of your
5 a day



Red Potato (1 pack)



Braeburn Apple (1)



Spring Onion (3)



Sweetheart Cabbage
($\frac{1}{2}$)



Pork Chop
(2)



Honey (1 tbsp)



Water (100ml)



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



Wholegrain Mustard
(1 tsp)



Crème Fraîche
(1 pot)


2 PEOPLE INGREDIENTS

- Red Potato, chopped
- Braeburn Apple, chopped
- Spring Onion, sliced
- Sweetheart Cabbage, sliced
- Pork Chop

1 pack
1
3
½
2

- Honey
- Water
- Chicken Stock Pot
- Wholegrain Mustard
- Crème Fraîche

1 tbsp
100ml
½
1 tsp
1 pot

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

Did you know...

The first braeburn apple was created in the 1950s in New Zealand. It was named after the orchard it was first cultivated in.

Allergens: Mustard, Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	1195 kcal / 5003 kJ	61 g	24 g	75 g	53 g	92 g	3 g
Per 100g	158 kcal / 662 kJ	8 g	3 g	10 g	7 g	12 g	0 g

Chicken Stock Pot Ingredients: 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 Pre-heat your oven to 200 degrees. Chop the **potato** into 2cm chunks (no need to peel) and pop into a pot of water with a generous pinch of **salt**. Put the pot on high heat and bring to the boil. Once boiling, reduce the heat to medium-low and gently cook for 20 mins.

2 Cut the **apple** into quarters, remove the pips and core and then chop each quarter in half lengthways again. You should end up with wedges. Remove the root from the **spring onion** and slice as thinly as possible.

3 Cut the **sweetheart cabbage** in half lengthways and remove the tough core. Slice into ½cm thick slices.



4 Heat a frying pan over medium heat and add a glug of **oil**. Season the **pork** with **salt** and **pepper** and when the oil is hot, cook for 2 mins on each side or until golden brown. Transfer your **pork** to a baking tray and roast in your oven for 10 mins. **Tip:** The pork is cooked when the centre is no longer pink. Keep the frying pan on medium heat and add your **apple wedges** to the pan.

5 Cook your **apple wedges** for 5-7 mins, turning frequently to make sure they colour evenly. When your **apple wedges** are browned, add the **honey** to the pan and cook for another minute. Roll your **apple wedges** around in your **honey** to make sure they are well glazed. Transfer your **apple wedges** to the baking tray in your oven to finish cooking with your pork.



6 Keep the same pan on medium heat and add the **water** (as specified in the ingredient list) and the **chicken stock pot**. Stir to dissolve the **stock pot** and then add the **mustard** and half of the **crème fraîche**. Stir well and bring gently to the boil. Remove from the heat and keep to one side. We will reheat this mustard sauce when we need it.

7 When your potato is nearly cooked, add your **cabbage** to the pot with your **potato** and cook for 3 mins more. Drain into a colander and then return to the pot off the heat. Season with **salt** and **pepper** and then add the remaining **crème fraîche**. Mash with a potato masher or fork (no need for it to be super smooth!) and then mix in your **spring onion**.



8 When your **pork** is cooked and your **apple wedges** softened, remove from the oven and leave your **pork** to rest for a couple of mins. Reheat your **mustard sauce** whilst your pork rests.

9 Serve a **pork chop** on top of a generous portion of your **wedges** and pop your **apple** alongside. Finish the plate with your **mustard sauce**. Enjoy!

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