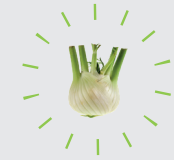




PORK SHOULDER STEAK

with Braised Fennel , Onion & Apple and Roasted Potatoes



HELLO FENNEL

Recognise that sweet Anise flavour? Fennel is one of the main ingredients in Absinthe!



New Potatoes



Fennel



Red Onion



Apple



Flat Leaf Parsley



Chicken Stock Powder



Cider Vinegar



Rosemary



Pork Shoulder Steaks

MEAL BAG

40 mins

1 of your 5 a day

2

Just like a rib-eye steak, pork shoulders have lots of intramuscular fat (giving them a really rich flavour) and like strip steak, it has a lovely satisfying chew. Chef Andre recommends slicing the pork steaks thickly and pan frying it for a few minutes on each side to get the best flavour and texture. Paired with sweet caramelised apples, fennel and red onion, roasted potatoes and fresh parsley, this simple dish is set to become your new dinnertime favourite.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Large Frying Pan, Measuring Jug, Ovenproof Dish**, some **Foil**, some Kitchen Paper and a Slotted **Spoon**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **new potatoes** into 2cm chunks and pop on a baking tray. Drizzle with **oil**, season with **salt** and **pepper**. Toss to coat then spread out and roast on the middle shelf of your oven until golden and crisp, 30-35 mins. Turn halfway through cooking.



2 PREP TIME

Meanwhile, cut the **fennel** in half lengthways, remove the triangle root in the middle, then chop lengthways into 1cm thick slices. Peel the **red onion** and chop into quarters. Quarter the **apple**, remove the core then chop each quarter in half again. Roughly chop the **flat leaf parsley** (stalks and all). Keep to one side.



3 START THE VEGGIES

Heat a splash of **oil** in a large frying pan on medium-high heat. When hot, add the **fennel, onion** and **apple** along with a pinch of **salt** and cook, stirring occasionally, until browned, 6-8 mins. **★ TIP:** Add a pinch of sugar if you have any to help the veggies caramelize. Meanwhile, boil your kettle. Pour the boiling **water** (see ingredients for amount) into a jug, stir in and dissolve the **stock**.



4 BRAISE TIME

Once the **veggies** are brown, add the **cider vinegar** to the pan and allow to bubble away. Transfer to an ovenproof dish and pour in the **stock**. **★ TIP:** The liquid should only come about halfway up the veggies; use less if you need to, or top up with more water from the kettle. Pop the **rosemary sprigs** on top and cover the dish tightly with foil. Pop on the top shelf of your oven for 20 mins, removing the foil halfway through.



5 COOK THE PORK

Season the **pork shoulder steaks** on both sides with **salt** and **pepper**. Wipe out the pan you used for the veggies and return to medium-high heat with a drizzle of **oil**. When hot, lay in the **pork steaks** and fry, turning occasionally, 8-10 mins. **! IMPORTANT:** The pork is cooked when it is no longer pink in the middle. Remove to a plate, cover loosely with foil and leave to rest. Keep the pan!



6 FINISH AND SERVE

When the **veggies** are cooked, remove from the oven, discard the **rosemary** and use a slotted spoon to transfer them to a large bowl. Reserve the **liquid** and cover the **veggies** with foil. Transfer the liquid to the frying pan and boil on high heat until reduced. Slice the **pork** into strips. Serve the **roast potatoes** and **braised veggies** topped with the **pork**. Finish with a drizzle of reduced **braising liquid** and a sprinkling of **parsley**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
New Potatoes	1 small pack	1 large pack	2 small packs
Fennel	1	2	2
Red Onion	1	1	2
Braeburn Apple	1	2	2
Flat Leaf Parsley	½ bunch	1 bunch	1 bunch
Water*	200ml	300ml	400ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Rosemary	2 sprigs	3 sprigs	4 sprigs
Pork Shoulder Steaks	2	3	4

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 522G	PER 100G
Energy (kcal)	429	78
(kJ)	1793	325
Fat (g)	14	3
Sat. Fat (g)	5	1
Carbohydrate (g)	44	8
Sugars (g)	16	3
Protein (g)	33	6
Salt (g)	0.62	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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