



# PORK LOIN

with Glazed Apples, Champ Potato and Mustard Sauce



## HELLO APPLE

*The first braeburn was created in the 1950s in New Zealand, and was named after the orchard it was cultivated in.*



Potato



Apple



Spring Onion



Honey



Pork Loin Steak



Chicken Stock Powder



Wholegrain Mustard



Crème Fraiche



Sliced Spring Greens

MEAL BAG



Hands on: **30** mins  
Total: **40** mins

**2** of your  
**5** a day

**Family Box**

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



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Frying Pan**, some **Foil**, a **Measuring Jug**, **Colander** and **Potato Masher**. Now, let's get cooking!



### 1 DO THE PREP

Put a large saucepan of water with a pinch of salt on to boil for the potato. Chop the **potato** (peeling is optional) into 2cm chunks. Chop each **apple** into eight wedges, remove the core. Remove the root from the **spring onion** and slice as thinly as possible.



### 2 GLAZE THE APPLE

Add the **potato** to the boiling water, simmer until cooked, 15-20 mins. ★ **TIP:** *The potato is cooked when you can easily slip a knife through.* Meanwhile, heat a glug of **oil** in a frying pan on medium heat. Add the **apple** wedges to the pan and cook until coloured, turning occasionally, 5-7 mins. Add the **honey**, stir and cook for another minute. Remove to a bowl and cover with foil to keep warm.



### 3 FRY THE PORK

Wipe out your frying pan and pop back on medium heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**, then cook in your hot pan until golden brown, 4-5 mins each side. ⚠ **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* Once cooked, transfer to a chopping board, cover with foil and leave to rest. ★ **TIP:** *Resting is essential to keep meat juicy!*



### 4 MAKE THE SAUCE

Keep the same pan on medium heat and add the **water** (see ingredients for amount) and the **stock powder**. Stir to dissolve the **stock powder**, then add the **mustard** and **half** the **crème fraîche**. Stir well and gently bring to the boil. Remove from the heat and keep to one side. We will reheat this mustard sauce later.



### 5 FINISH THE POTATO

When the **potato** is nearly cooked, add the **spring greens** to the pan with the **potato** and cook for the final 3 mins. Tip into a colander and leave for a few mins so the water drains off properly, then return to the pan off the heat. Season with **salt** and **pepper**, then add the remaining **crème fraîche**. Mash with a potato masher (no need for it to be super smooth), then stir through the **spring onion**.



### 6 SERVE

Reheat the **mustard sauce** if it's gone a bit cold. Serve a **pork steak** on top of a generous portion of the **champ** and pop the **glazed apples** alongside. Finish with a drizzle of **mustard sauce**.

ENJOY!

## 2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato	1 small pack	1 large pack	2 small packs
Apple	1	2	2
Spring Onion	1	2	3
Honey	1 sachet	1½ sachets	2 sachets
Pork Loin Steak	2	3	4
Water*	100ml	150ml	200ml
Chicken Stock Powder	½ pot	¾ pot	1 pot
Wholegrain Mustard 9)	⅓ pot	½ pot	⅔ pot
Crème Fraîche 7)	1 large pouch	1 large pouch	2 large pouches
Sliced Spring Greens	1 small pack	1 small pack	1 large pack

\*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 665G	PER 100G
Energy (kcal)	747	112
(kJ)	3123	469
Fat (g)	44	7
Sat. Fat (g)	19	3
Carbohydrate (g)	69	10
Sugars (g)	22	3
Protein (g)	36	5
Salt (g)	0.68	0.10

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk 9) Mustard

🧼 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?

Head online or use our app to rate this recipe or get in touch via: [hello@hellofresh.co.uk](mailto:hello@hellofresh.co.uk)

You made this, now show it off! Share your creations with us:

📷 📱 📺 #HelloFreshSnaps

HelloFresh UK

The Fresh Farm  
60 Worship St, London EC2A 2EZ

Packed in the UK

🌱 HelloFRESH