



# Roasted Cumin Pork and Gravy

with Roast Potatoes, Honeyed Chantenay Carrots and Apple & Broccoli Cheese

Nº 20

**ROAST** Hands on Time: 60 Minutes • Total Time: 90 Minutes • 2 of your 5 a day



Pork Roasting Joint



Cumin Seeds



Potato



Plain Flour



Chantenay Carrot



Apple



Honey



Echalion Shallot



Cheddar Cheese



Butter



Chicken Stock Powder



Broccoli Florets



Pancetta Lardons



Crème Fraîche



Dijon Mustard



Panko Breadcrumbs

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools you will need:

Two Large Saucepans, Roasting Tray, Baking Tray, Colander, Coarse Grater, Measuring Jug, Ovenproof Dish.

### Ingredients

	2P	3P	4P
Pork Roasting Joint**	450g	675g	900g
Cumin Seeds	1 pot	1 pot	1 pot
Potato**	900g	1.15kg	1.4kg
Plain Flour <b>13)</b>	24g	36g	48g
Chantenay Carrot**	1 pack	1½ packs	2 packs
Apple**	1	2	2
Honey**	1 sachet	1½ sachets	2 sachets
Echalion Shallot**	1	1½	2
Cheddar Cheese <b>7)</b> **	2 blocks	3 blocks	4 blocks
Butter <b>7)</b> **	30g	45g	60g
Water for the Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Broccoli Florets**	1 small pack	1 medium pack	1 large pack
Pancetta Lardons**	60g	90g	120g
Crema Fraiche <b>7)</b> **	1 pouch	1½ pouches	2 pouches
Water for the Cheese*	100ml	150ml	200ml
Dijon Mustard <b>9)</b>	½ pot	¾ pot	1 pot
Panko Breadcrumbs <b>13)</b>	30g	50g	50g
Oil for the Breadcrumbs*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	1169g	100g
Energy (kJ/kcal)	5715 /1366	489 /117
Fat (g)	67	6
Sat. Fat (g)	30	3
Carbohydrate (g)	124	11
Sugars (g)	25	2
Protein (g)	81	7
Salt (g)	3.64	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

**7)** Milk **9)** Mustard **13)** Gluten

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



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## 1. Get Prepped

Bring a large saucepan of **water** to the boil with a pinch of **salt**. Preheat your oven to 200°C. Pour a large glug of **oil** into a roasting tray. Pop it onto the top shelf of your oven to warm up. Put a small drizzle of **oil** in the bottom of another baking tray, pop the **pork** in the baking tray and sprinkle over half the **cumin seeds** and **salt** and **pepper**.

Roast in the middle of your oven for **2p: 45mins 3p: 60 mins 4p: 90 mins** (depending on size).

**IMPORTANT:** The pork is cooked when no longer pink in the middle, wash your hands after handling raw meat.



## 4. Make the Gravy

Meanwhile, put a saucepan on medium heat and add **half** the **butter**. Allow the **butter** to melt, then stir in the remaining **flour**. You've made a **roux!** Cook, stirring constantly until the **roux** is a medium brown colour and gradually stir in the **water** (see ingredients for amount) and **chicken stock powder**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer until the **gravy** has thickened to your liking, 15-20 mins, stir occasionally.



## 2. Roast the Potatoes

Meanwhile, peel the **potatoes** and chop into 4cm chunks. Add them to the **boiling water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Once the **potatoes** are ready, drain in a colander, pop back into the pan then sprinkle on **half** the **flour**. Give your pan a shake to fluff up the **potato**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer. Sprinkle over a pinch of **salt** and gently turn the **potatoes** so they're coated in **oil**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through.



## 5. Make the Broccoli Cheese

Meanwhile, add the **broccoli** to the boiling **water** and simmer until just tender, 3 mins. Drain in a colander and pop into an ovenproof dish. Pop your pan back on medium heat with the remaining **butter** (no need to wash). Add the **pancetta** and stir fry until browned, 3-5 mins. Add the **shallot** and fry until softened, 3 mins. Pour in the **creme fraiche**, **water** (see ingredient list for amount) and **mustard**. Add a pinch of **salt** and **pepper**. Bring to the boil, then remove from the heat and stir in **three quarters** of the **cheese**.



## 3. Finish the Prep

Trim the **carrots** and halve lengthways. Quarter the **apple** (no need to peel) and remove the core. Chop each quarter into 2 wedges. Pop them in a bowl and add the **honey** and remaining **cumin seeds**. Add a drizzle of **oil**, a pinch of **salt** and **pepper** and mix together. When the **pork** has 25 mins left. Add the **carrots** and **apple** to the baking tray to roast with the **pork** until soft, 25 mins. Meanwhile, halve, peel and thinly slice the **shallot**. Grate the **cheese**. Refill your saucepan with water and pop on to boil - we will use it to cook the **broccoli** later.



## 6. Bake!

Pour the **creamy sauce** over the **broccoli** in the dish. Mix the **breadcrumbs** with the remaining **cheese**, a pinch of **salt** and **pepper** and the **oil** (see ingredient list for amount). Sprinkle the **mixture** on top, then bake in your oven until golden and bubbling, 10-15 mins. Once the **pork** is ready, cover with foil and leave to rest for 15 mins. Once everything is ready, reheat the **gravy**. Reheat the **carrots** and apple in the oven if necessary. Thinly slice the **pork** and serve on plates with the **veggies**. Add any **resting juices** to the **gravy** and pour over.

Enjoy!