



Cheese and Caramelised Onion Pork Steak with Mash and Garlicky Green Beans

Calorie Smart 30-35 Minutes • Under 650 Calories

26



Potatoes



Garlic Clove



Green Beans



Mature Cheddar
Cheese



Onion Marmalade



Pork Loin Steaks



Chicken Breast

Pantry Items

Oil, Salt, Pepper, Mayonnaise

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, garlic press, grater, bowl, frying pan, baking tray, lid, aluminium foil, colander and potato masher.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	1	2	2
Green Beans**	150g	200g	300g
Mature Cheddar Cheese** 7)	30g	40g	60g
Onion Marmalade	30g	30g	40g
Pork Loin Steaks**	2	3	4
Chicken Breasts**	2	3	4
Pantry	2P	3P	4P
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	474g	100g	509g	100g
Energy (kJ/kcal)	2309 / 552	488 / 117	2396 / 573	471 / 113
Fat (g)	21.0	4.4	19.4	3.8
Sat. Fat (g)	6.0	1.3	5.1	1.0
Carbohydrate (g)	55.6	11.7	54.5	10.7
Sugars (g)	10.6	2.2	10.6	2.1
Protein (g)	38.4	8.1	48.7	9.6
Salt (g)	0.56	0.12	0.77	0.15

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Peel and grate the **garlic** (or use a garlic press).

Trim the **green beans**. Grate the **cheese**.

Put the **onion marmalade** into a bowl and use a spoon to break it up.



Dressed to Grill

Once the **pork** is cooked, transfer to a baking tray.
IMPORTANT: *The pork is cooked when no longer pink in the middle.*

Spread the **onion marmalade** onto the **steaks**. Top with the **grated cheese**, pressing it down with the back of a spoon.

When hot, grill until the **cheese** is golden and bubbly, 2-3 mins. Allow to rest for 2 mins before serving.



Weight Watchers



Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.

CUSTOM RECIPE

If you've chosen to get **chicken** instead of **pork**, sandwich each **breast** between two pieces of baking paper while the **potatoes** are cooking. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick, then continue as instructed. **IMPORTANT:** *Wash your hands and equipment after handling raw chicken.*



Bring on the Beans

While the **pork** is grilling, pop your (now empty) frying pan back on medium-high heat (no need to clean). Add a drizzle of **oil** if needed.

Once hot, add the **green beans** and season with **salt** and **pepper**. Stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, then turn the heat down to medium and cook for 1 min more.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins, then remove from the heat. Season with **salt** and **pepper**.



Fry the Pork

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork**.

Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*

Reduce the heat to medium, then fry for an additional 4-6 mins, turning every couple of mins.

Meanwhile, preheat your grill to high.

CUSTOM RECIPE

Fry the **chicken breasts** for 5-6 mins on each side instead, then transfer to a tray and continue as instructed in the next step. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish and Serve

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm.

When everything's ready, serve the **pork** with the **mash**, **garlicky beans** and a dollop of **mayo** (see pantry for amount) alongside.

Enjoy!