

# Fruchtiger Schweinebraten Inspired Pork Steak

with Mustard Mash, Roasted Apples, Cabbage and Prune Jus

A Taste of Germany 35-40 Minutes • 1 of your 5 a day



Apple



Potatoes



Prunes



Garlic Clove



Wholegrain Mustard



Shredded Savoy Cabbage



British Pork Loin Steaks



Red Wine Jus Paste



Schweinebraten mit pflaumen und äpfeln is a traditional German dish that translates to roast pork with plums and apples. It's often prepared as a stuffed dish but in some variations the fruit is just cooked alongside the pork, which is where we've taken our inspiration - 'fruchtiger' simply translates to 'fruitier'!

#### Pantry Items

Oil, Salt, Pepper, Sugar

## 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, baking tray, garlic press, colander, lid, frying pan and aluminium foil.

## Ingredients

Ingredients	2P	3P	4P
Apple**	1	2	2
Potatoes	450g	700g	900g
Prunes	40g	80g	80g
Garlic Clove**	2	3	4
Wholegrain Mustard <b>9)</b>	17g	17g	34g
Shredded Savoy Cabbage**	150g	300g	300g
British Pork Loin Steaks**	2	3	4
Red Wine Jus Paste <b>10) 14)</b>	15g	22g	30g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Water for the Jus*	150ml	225ml	300ml
Sugar*	¼ tsp	½ tsp	½ tsp

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

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	587g	100g
Energy (kJ/kcal)	1903 /455	324 /78
Fat (g)	6.9	1.2
Sat. Fat (g)	2.1	0.4
Carbohydrate (g)	65.0	11.1
Sugars (g)	12.3	2.1
Protein (g)	37.7	6.4
Salt (g)	1.15	0.20

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**9)** Mustard **10)** Celery **14)** Sulphites

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, mollusc, milk, egg, mustard, celery, soya, cereals containing 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. Be careful when adding water to hot pans while cooking.


HIGH PROTEIN - Protein contributes to the maintenance of muscle mass.

## Contact

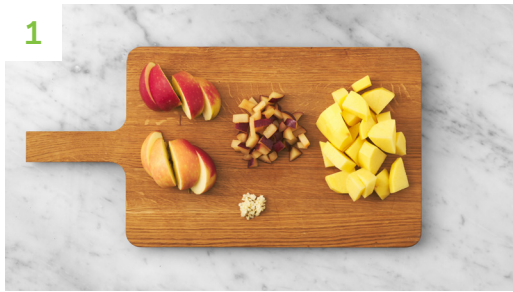
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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** with **½ tsp salt** to the boil for the **potatoes**.

Core and cut the **apple** into 8 wedges (no need to peel). Place onto a baking tray, drizzle with **oil** and season with **salt** and **pepper**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

Chop the **prunes** into 1cm pieces. Peel and grate the **garlic** (or use a garlic press).



## Fry the Pork Steaks

Meanwhile, pop your (now empty) pan back on high heat with a drizzle of **oil**. Season the pork with **salt** and **pepper**.

Once hot, add the **pork steaks**. Fry until browned, 1-2 mins on each side.

Once browned, transfer to the baking tray with the **apples** and roast on the top shelf of your oven until cooked through, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. It's cooked when no longer pink in the middle.

Once cooked, remove the **pork** and **apples** from the oven. Set aside to allow the **pork** to rest.



## 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.

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** and stir in the **wholegrain mustard** (add less if you'd prefer). Cover with a lid to keep warm.



## Make your Prune Jus

Once the **pork** is out of the frying pan, pour the **water for the jus** (see pantry for amount) into the pan. Bring to the boil on high heat.

Stir in the **red wine jus paste, prunes** and **sugar** (see pantry for amount), then reduce the heat to medium-high. **TIP:** If your red wine jus paste has hardened, put the sachet in a bowl of hot water for 1 min to loosen.

Allow the **sauce** to bubble and thicken, stirring regularly, 2-3 mins



## Cabbage Time

Meanwhile, heat a drizzle of **oil** and a knob of **butter** in a large frying pan on medium heat.

When hot, add the **cabbage** and **garlic** and stir-fry for 2 mins. Season with **salt** and **pepper**, add a splash of **water**, mix well and cover with a lid (or foil). Cook until just tender, 3-4 mins.

Once cooked, remove the **cabbage** to a bowl and cover with foil to keep warm. Keep the pan - you'll use it for the pork.

Once the **cabbage** is cooked, roast the **apples** on the middle shelf of your oven until golden and softened, 8-10 mins.



## Serve

When everything's cooked, add the **baked apples** to the **cabbage** and gently stir to combine.

Serve the **pork** with the **mash** and **cabbage** on the side.

Spoon the **prune jus** over the **pork** to finish.

## Enjoy!