



Herby Roast Pork and Sagey Onion Roasties

with Green Beans, Cheesy Cauliflower and Mustard Gravy

Nº 20

PREMIUM 50 Minutes • 1 of your 5 a day



Onion



Sage



Rosemary



Pork Roasting Joint



Potato



Plain Flour



Cauliflower Florets



Cheddar Cheese



Green Beans



Butter



Chicken Stock Powder



Wholegrain Mustard



Pancetta Lardons

Before you start

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

Basic cooking tools, you will need:

Frying Pan, Baking Tray, Large Saucepan, Peeler, Colander, Ovenproof Dish, Coarse Grater, and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	2	2
Sage**	1 bunch	1 bunch	2 bunches
Rosemary**	1 bunch	1 bunch	1 bunch
Pork Roasting Joint**	450g	675g	900g
Potato**	900g	1.15kg	1.4kg
Plain Flour (13)	24g	36g	48g
Cauliflower Florets**	1 small pack	1 large pack	2 small packs
Cheddar Cheese 7)**	2 blocks	3 blocks	4 blocks
Green Beans**	1 punnet	2 punnets	2 punnets
Butter 7)**	30g	45g	60g
Water for Gravy*	400ml	600ml	800ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9)	1 pot	2 pots	2 pots
Pancetta Lardons**	60g	90g	120g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	1076g	100g
Energy (kJ/kcal)	4571/1093	425/102
Fat (g)	38	3
Sat. Fat (g)	19	2
Carbohydrate (g)	114	11
Sugars (g)	16	1
Protein (g)	78	7
Salt (g)	3.61	0.34

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.

Contact

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1. Roast the Pork

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Pick the **sage** and **rosemary leaves** from their stalks. Keep separate and roughly chop (discard the stalks). Season the **pork** with **salt** and **pepper**. Sprinkle on **half the sage** and **rosemary**. Heat a splash of **oil** in your frying pan over high heat and brown the **pork** all over, 2 mins. Transfer to a baking tray and roast on the middle shelf of your oven for **2P: 40 mins 3P: 55 mins 4P: 75 mins** (depending on size). **IMPORTANT: The pork is cooked when no longer pink in the middle.** Keep the pan we will use it again.



4. Roast the Cauli

Roast the **cauliflower** next to the pork until soft and browned at the edges, 25-30 mins. Once browned, remove from the oven and allow to cool. Meanwhile, grate the **cheddar cheese** and mix with the remaining **rosemary**. We will melt it on the cauliflower later. When the **onions** are ready, transfer to a bowl and wipe out the frying pan. Meanwhile, trim the **green beans**. Reheat the frying pan you used for the **onions** over medium-high heat and add the remaining **butter**.



2. Start the Potatoes

Pour a good glug of **oil** onto a baking tray and pop in your oven. Bring a large saucepan of **water** to the boil on high heat with a pinch of **salt**. Peel the **potatoes**, chop them into 4cm chunks. Add the **potatoes** to the boiling **water** and cook for 7-8 mins or until the edges have softened when you poke them with a knife. Meanwhile, heat a splash of **oil** in your frying pan over medium-high heat and add **half of the butter**. Stir in the **onion** and remaining **sage** and cook, stirring frequently until soft and golden, 10-12 mins.



5. Make the Gravy

Allow the **butter** to melt, then stir in the remaining **flour**. You've made a **roux**! Cook until the **roux** is a medium brown colour and gradually stir in the **water** (see ingredients for amount), **chicken stock powder** and **mustard**. Bring to the boil, stirring out any lumps that form. Lower the heat and simmer until the **gravy** has thickened to your liking, 10-15 mins. When the **pork** is ready, allow it to rest, wrapped in foil for 10-15 mins before slicing.



3. Roast the Spuds

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 **potatoes**. Take your hot baking tray out of your oven, carefully transfer your **potatoes** onto it in a single layer, turning in the **oil**. Sprinkle over a pinch of **salt**. Roast the **potatoes** on the top shelf of your oven for 45-50 mins, turning halfway through. Arrange the **cauliflower florets** in an ovenproof dish and drizzle with **oil**. Season with **salt** and **pepper**.



6. Cook the Beans

Heat a splash of **oil** in a saucepan over high heat and add the **pancetta lardons**. Cook until browned, 2-3 mins then add the **beans**. Cook for another minute, then add a splash of **water** and cover with a lid. Cook until tender, 3-4 mins. When the potatoes are ready, mix through the cooked **onion** and **sage** and return to the bottom of your oven for 2 mins. Turn your grill on to high. Sprinkle the **cheese** over the **cauliflower** and grill until golden and bubbly, 2-3 mins. Arrange the **veggies** on your plates. Slice the **pork** thinly and add to the plate. Pour over the **gravy** and **enjoy!**

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