



More Than Food  
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## Honey and Mustard Glazed Pork with Lentils

An apple a day keeps the doctor away – at least that’s what they claim! With carrot, celery, lentils and rocket added to the mix, this dish is absolutely loaded with both flavour and nutrition. Now for the decadent part... we have taken the finest pork in the land and glazed it (generously) with the sweetness that only honey can pull off and the warmth of mustard. You are in for a treat!

40 mins

2 of your 5 a day

mild

family box

mealkit



Pork Loin  
(4)



Carrot  
(2)



Celery  
(2 sticks)



Apple  
(2)



Sage  
(1 bunch)



Honey  
(2 tbsp)



Wholegrain Mustard  
(2 tbsp)



Red Wine Vinegar  
(2 tbsp)




Vert Lentils  
(2 tins)



Rocket  
(2 bags)

## 4 PEOPLE INGREDIENTS

- Pork Loin **4**
- Carrot, chopped **2**
- Celery, chopped **2 sticks**
- Apple, chopped **2**
- Sage, chopped **1 bunch**
- Honey **2 tbsp**
- Wholegrain Mustard **2 tbsp**
- Red Wine Vinegar **2 tbsp**
- Vert Lentils **2 tins**
- Rocket **2 bags**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Lentils are so old that they are even referenced in the Bible, when Esau forgoes his life for a humble bowl of lentil stew! Wow - that's one popular legume.

**Allergens:** Celery, Mustard, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	433 kcal / 1821 kJ	6 g	2 g	46 g	22 g	50 g	1 g
<b>Per 100g</b>	97 kcal / 407 kJ	1 g	0 g	10 g	5 g	11 g	0 g

2



**1** Preheat your oven to 180 degrees. Take the **pork** out of your fridge so it reaches room temperature.

**2** Peel the **carrot** and slice it in half lengthways. Cut each half into four long strips then chop widthways into tiny pieces (less than ½cm if possible!). Slice the **celery** lengthways into four thin strips. Chop the strips widthways into tiny cubes - the same size as your **carrot**. Peel the **apple** and remove the core (the easiest way is to cut it into quarters lengthways through the core, then cut the core from each piece). Chop your **apple** into ½cm pieces. Remove the **sage leaves** from their stalks and finely chop.

4



**3** Next, sprinkle a good pinch of **salt** and **pepper** over both sides of your **pork**. Heat a splash of **olive oil** in a frying pan on medium-high heat. Once the **oil** is really hot, gently add your **pork** and cook for 2 mins on each side until just browned.

**4** Transfer your **pork** to a baking tray - keep your frying pan! Mix together the **honey** and **wholegrain mustard** with a drizzle of **oil** and spread half of it over your **pork**. Cook your pork on the top shelf of your oven for 10-12 mins until cooked through. **Tip:** *The pork is cooked when it is no longer pink in the middle!*

5



**5** While your pork is in your oven, heat another splash of **olive oil** in the same frying pan on medium heat (if there is still lots of oil left in the pan from the pork, don't worry about adding more). Add your **carrot**, **celery** and **apple** with a pinch of **salt** and cook for 6-7 mins, until your **veggies** just start to soften.

**6** Add the **red wine vinegar** and let it bubble away. Drain and rinse the **lentils** before adding them to the pan along with your **sage**. Gently stir everything together for 1 minute and then remove from the heat. Test for seasoning and add a little more **salt** if you need to lift the flavour.

6



**7** Remove your **pork** from your oven and immediately pour over the remaining **honey mustard glaze**. Cover and leave to rest for a few mins to let the juices redistribute around your **pork** (keeping it nice and moist).

**8** Cut your **pork** into thin slices. Serve your **lentils** in bowls with a handful of **rocket** on top followed by your **pork**. Pour any remaining juices and **honey mustard glaze** over the dish and enjoy!

**Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!**