



Honey Mustard Glazed Pork with Mash, Sauteed Leeks and Cabbage

Calorie Smart 35 Minutes • Under 600 Calories • 1 of your 5 day

25



Potato

Leek



Shredded Savoy
Cabbage



Pork Loin
Steak



Honey



Wholegrain Mustard



Apple and
Sage Jelly

Before you start

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

Cooking tools, you will need:

Cutting Board, Knife, Saucepan, Frying Pan, Measuring Jug and Colander.

Ingredients

	2P	3P	4P
Potato**	450g	700g	900g
Leek**	1	2	2
Shredded Savoy Cabbage**	100g	150g	200g
Pork Loin Steak**	2	3	4
Honey	1 sachet	1 sachet	2 sachets
Wholegrain Mustard 9)	1 pot	2 pots	2 pots
Apple and Sage Jelly	1 pot	2 pots	2 pots

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	1792/428	351/84
Fat (g)	7	1
Sat. Fat (g)	2	1
Carbohydrate (g)	58	11
Sugars (g)	18	3
Protein (g)	36	7
Salt (g)	0.37	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Start the Potatoes

Chop the **potatoes** into 2cm chunks (no need to peel). Bring a large saucepan of **water** to the boil with ½ tsp of **salt** for the **potatoes**. When boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice widthways.



Cook the Pork

Once the **pork** is cooked, add the **honey** and **mustard** to the pan. Turn to coat the **pork** in it until sticky, 30 seconds. Remove from the heat. Once cooked, transfer the **pork** to a chopping board, cover with foil and leave to rest. Remove the pan from the heat but don't wash it up, we'll use it again.



Cook the Greens

Heat a saucepan over medium heat with a drizzle of **oil** and some **butter** if you have some. Add the **leek** and cook until soft, 6-7 mins, stirring regularly. Add the **cabbage** with a splash of **water**. Season with **salt** and **pepper**, cover with a lid and cook until soft, 5-6 mins.



Mash the Potatoes

Drain the **potatoes** in a colander then return to the pan with a knob of **butter** and a splash of **milk** (if you have any). Roughly mash and season with **salt** and **pepper**.



Start the Pork

While the **cabbage** is cooking, heat a frying pan over high heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**, then lay the **pork** in your hot pan and cook until golden brown, 4-5 mins each side. **IMPORTANT:** *The pork is cooked when it is no longer pink in the middle. Wash your hands after handling raw meat.*



Finish Up

Return the frying pan you cooked the pork in to medium heat. Add the **apple** and **sage jelly** with a splash of **water** and bring to a simmer then remove from the heat. Warm the **mashed potatoes** and **vegetables** up if you need, then serve the **pork** with the **mash**, the **greens** and **sauce** drizzled over.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.