



Honey Mustard Glazed Pork with Mash, Sauteed Leeks and Cabbage

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

26



Potatoes



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:

Sauce pan w/ lid, Frying pan, Foil, Colander.

Ingredients

	2P	3P	4P
Potatoes**	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)**	17g	25g	34g
Apple and Sage Jelly**	25g	37g	50g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	511g	100g
Energy (kJ/kcal)	1797 /429	344 /82
Fat (g)	7	1
Sat. Fat (g)	2	1
Carbohydrate (g)	57	11
Sugars (g)	17	3
Protein (g)	36	7
Salt (g)	0.42	0.08

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 and turn to coat the **pork** in it until sticky, 30 seconds. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.** 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 yet - 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 some). 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: Wash your hands after handling raw meat. The pork is cooked when it is no longer pink in the middle.**



Finish Up

Return the frying pan in which you cooked the **pork** to medium heat. Add the **apple and sage jelly** with a splash of **water**, bring to a simmer and remove from the heat. Reheat the mashed **potatoes** and **vegetables** if you need to, 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.