



# Honey Mustard Glazed Pork Steak

with Mash, Sauteed Leeks and Cabbage

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

26



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:

Saucepan, Lid, Frying Pan, Aluminium Foil, Colander and Potato Masher.

## 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	523g	100g
Energy (kJ/kcal)	1816/434	348/83
Fat (g)	7	1
Sat. Fat (g)	2	0
Carbohydrate (g)	58	11
Sugars (g)	19	4
Protein (g)	36	7
Salt (g)	0.42	0.08

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## 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.

**Having trouble with your WW QR code?** You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

## Contact

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## Start the Potatoes

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  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.



## Glaze 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 secs. **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 and set aside. **IMPORTANT:** *The pork is cooked when no longer pink in the middle.*



## 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

Once the **potatoes** are cooked, drain 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**.



## Fry 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 **steaks** in your hot pan and cook until golden brown, 4-5 mins each side. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.*



## Finish and Serve

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

## Enjoy!

Scan to get your exact PersonalPoints™ value



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**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.