

Honey Mustard Glazed Pork Steak with Mash, Sauteed Leeks and Cabbage

Calorie Smart 30-35 Minutes • 1 of your 5 a day • Under 650 Calories







Potatoes





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! Wash your hands before and after prep.

Cooking tools

Saucepan, lid, frying pan, aluminium foil, colander and potato masher.

Ingredients

| 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 |

Nutrition

*Not Included **Store in the Fridge

| | Per serving | Per 100g | | |
|-------------------------|-------------|----------|--|--|
| for uncooked ingredient | 523g | 100g | | |
| Energy (kJ/kcal) | 1816 /434 | 348 /83 | | |
| Fat (g) | 7.0 | 1.3 | | |
| Sat. Fat (g) | 2.1 | 0.4 | | |
| Carbohydrate (g) | 58.4 | 11.2 | | |
| Sugars (g) | 18.7 | 3.6 | | |
| Protein (g) | 36.3 | 6.9 | | |
| 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

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Cook the Potatoes

Bring a large saucepan of water to the boil with 1/2 tsp salt.

Chop the **potatoes** into 2cm chunks (peel first if

When the water is boiling, add the potatoes and cook until you can easily slip a knife through, 15-20 mins.

Meanwhile, trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice widthways.



Saute the Greens

Heat a saucepan on medium heat with a drizzle of oil and some butter (if you have any).

Once hot, 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.

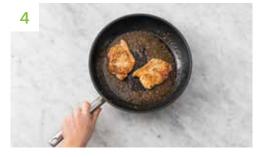


Time to Fry

While the cabbage is cooking, heat a drizzle of oil in a large frying pan on medium-high heat.

Once hot, add the pork steaks and season with salt and pepper. Cook until browned, 2-3 mins on each side.

Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.



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.

Once glazed, transfer the **pork** to a chopping board, cover with foil and leave to rest. Set the pan aside for later.

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Make your Mash

Once the **potatoes** are cooked, drain in a colander and return to the pan, off the heat.

Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with salt and pepper.

Cover with a lid to keep warm.



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 mash and vegetables if needed, then slice the **pork** widthways into 5 or 6 pieces and serve on your plates with the mash and greens alongside.

Drizzle over the apple and sage sauce to finish.

Enjoy!









