










# Honey Mustard Glazed Pork Steak

with Mash, Sauteed Leeks and Cabbage

27

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



-  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!  
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

\*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)	7.0	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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## Contact

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## Cook the Potatoes

Bring a large saucepan of **water** to the boil with **½ tsp salt**.

Chop the **potatoes** into 2cm chunks (peel first if you prefer).

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.



## 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.



## 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.



## 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.



## 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.*



## 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!