



Honey Mustard Glazed Pork Steak

with Mash, Sauteed Leeks and Spring Greens

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

26



-  Potatoes
-  Leek
-  Sliced Spring Greens
-  Pork Loin Steak
-  Honey
-  Wholegrain Mustard
-  Apple and Sage Jelly
-  Chicken Breast

Pantry Items
Oil, Salt, Pepper

CUSTOM RECIPE

If you chose to swap or upgrade your protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

Our fruit and veg 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
Sliced Spring Greens**	112g	150g	225g
Pork Loin Steak**	2	3	4
Honey	15g	15g	30g
Wholegrain Mustard (9)	17g	25g	34g
Apple and Sage Jelly	25g	37g	50g
Chicken Breast**	2	3	4

Pantry	2P	3P	4P
Water for the Greens*	1 tbsps	1½ tbsps	2 tbsps

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	529g	100g	564g	100g
Energy (kJ/kcal)	1826 /436	345 /83	1913 /457	339 /81
Fat (g)	7.5	1.4	5.8	1.0
Sat. Fat (g)	2.2	0.4	1.3	0.2
Carbohydrate (g)	59.7	11.3	58.6	10.4
Sugars (g)	20.3	3.8	20.4	3.6
Protein (g)	37.0	7.0	47.4	8.4
Salt (g)	0.67	0.13	0.88	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ 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.

Contact

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Start the Potatoes

Bring a large saucepan of **water** to the boil with **½ tsp salt**. Chop the **potatoes** into 2cm chunks (no need to peel).

When boiling, add the **potatoes** to the **water** 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** and discard. 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.*

Transfer the **pork** to a board, cover with foil and rest. Set the pan aside for later. **IMPORTANT:** *The pork is cooked when no longer pink in the middle.*

CUSTOM RECIPE

Once glazed, transfer the **chicken** to a board, cover with foil and rest for 2 mins.



WeightWatchers



Cook 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 **spring greens** along with the **water for the greens** (see pantry for amount), cover with a tight-fitting lid and cook until wilted, 5-6 mins.

CUSTOM RECIPE

If you've chosen to get **chicken** instead of **pork**, sandwich each **breast** between two pieces of baking paper. Pop onto a board, then bash with the bottom of a saucepan until it's 1-2cm thick.



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 **greens** cook, 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**. Fry until browned, 2-3 mins 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.*

CUSTOM RECIPE

Once hot, lay the **chicken** into the pan and season. Fry until golden brown, 7-8 mins each side. **IMPORTANT:** *The chicken is cooked when no longer pink in the middle.*



Finish and Serve

Return the (now empty) frying pan to medium heat. Stir in the **apple and sage jelly** with a splash of **water**. Combine well, bring to a simmer, then remove from the heat.

Reheat the **mash** and **veg** if needed, then slice the **pork** widthways into 5 or 6 pieces and serve with the **mash** and **greens** alongside. Drizzle over the **apple and sage sauce** to finish.

Enjoy!

CUSTOM RECIPE

Cut the **chicken breast** widthways into 2cm thick slices to serve.