



# GLAZED PORK LOIN

with Cavolo Nero Champ



## HELLO CAVOLO NERO

*Cavolo nero literally means black cabbage!*



Potato



Flat Leaf Parsley



Spring Onion



Cheddar Cheese



Pork Loin Steak



Chopped Cavolo Nero



Chicken Stock Powder



Apple and Sage Jelly

MEAL BAG

Hands on: **20** mins  
Total: **25** mins

**1** of your  
**5** a day

Family Box

Chef André reckons this is the easiest and quickest pork recipe ever. When it can be ready on the table in 25 minutes, we have no reason to disagree! And not only is this recipe quick, it's packed full of winning flavour combinations. The sweet and savoury of apple and sage with pork is a classic that just can't be beaten. Especially when paired with creamy, cheesy champ potatoes stirred in with pleasantly tangy and bitter cavolo nero. This wholesome dish is perfect for weeknights!

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan** (with a **Lid**), **Coarse Grater**, **Frying Pan**, some **Foil**, a **Colander**, **Potato Masher** and **Measuring Jug**. Now, let's get cooking!



### 1 COOK THE POTATO

Put a large saucepan of **water** with a pinch of **salt** on to boil. Chop the **potato** into 2cm chunks (no need to peel) and pop them in the pan. Boil until the **potato** is soft, 15-20 mins.



### 2 DO THE PREP

Meanwhile, roughly chop the **parsley** (stalks and all). Trim the **spring onion** then slice thinly. Grate the **cheddar cheese**.



### 3 PAN-FRY THE PORK

Heat a splash of **oil** in a frying pan over medium-high heat. Season the **pork** with **salt** and **pepper**. Lay the **pork** in the pan and brown for 2 mins on each side, then lower the heat to medium and cook for another 8 mins. Turn every 2 mins. **! IMPORTANT: The pork is cooked when it is no longer pink in the middle.** When the **pork** is cooked, remove from the pan and wrap in foil to rest and keep warm.



### 4 ADD THE CAVOLO NERO

When the **potato** is almost ready, add the **cavolo nero** to the same saucepan and cook until tender, 5 mins. Drain the **potato** and **cavolo nero** in a colander and leave for a couple of minutes, then return to the pan off the heat. Mash with a potato masher and stir in the **grated cheese**, **spring onion** and a knob of **butter** (if you have some). Mix well and season with more **salt** and **pepper** if required. Keep warm with the lid on.



### 5 MAKE THE GLAZE

Once the **pork** is resting, add the **water** (see ingredients for amount) and the **stock powder** to the now empty frying pan. Bring to the boil and stir to dissolve the **stock powder**. Stir in the **apple and sage jelly** to dissolve and add the **parsley**, then remove from the heat.



### 6 SERVE

Spoon the **cavolo nero champ** onto your plates. Slice the **pork** thinly and arrange on top. Pour any **pork juices** from the foil parcel into the **glaze**, reheat thoroughly, then spoon over the **pork** and around the plate. **Enjoy!**

## 2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1 small pack	1 large pack	2 small packs
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Spring Onion *	1	2	2
Cheddar Cheese 7) *	1 block	2 blocks	2 blocks
Pork Loin Steak *	2	3	4
Chopped Cavolo Nero *	1 bag	1 bag	1 bag
Water*	75ml	100ml	150ml
Chicken Stock Powder	½ sachet	¾ sachet	1 sachet
Apple and Sage Jelly	2 pots	3 pots	4 pots

\*Not Included \* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 459G	PER 100G
Energy (kJ/kcal)	2341 / 560	511 / 122
Fat (g)	19	4
Sat. Fat (g)	8	2
Carbohydrate (g)	63	14
Sugars (g)	20	4
Protein (g)	37	8
Salt (g)	0.82	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

### ALLERGENS

7) Milk

**Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.**

### THUMBS UP OR THUMBS DOWN?

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