



Pan-Fried Pork Loin with Cavolo Nero Champ and Sticky Glaze

Calorie Smart 25 Minutes • Under 600 Calories

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Potatoes



Flat Leaf Parsley



Spring Onion



Cheddar Cheese



Pork Loin Steak



Cavolo Nero



Apple and Sage Jelly



Chicken Stock Paste

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Saucepan, Grater, Frying Pan and Potato Masher.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Spring Onion**	1	2	2
Cheddar Cheese**	30g	60g	60g
Pork Loin Steak**	2	3	4
Cavolo Nero**	100g	150g	200g
Water for the Glaze*	50ml	75ml	100ml
Apple and Sage Jelly	50g	74g	100g
Chicken Stock Paste	10g	10g	10g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	458g	100g
Energy (kJ/kcal)	1987 /475	434 /104
Fat (g)	12	3
Sat. Fat (g)	6	1
Carbohydrate (g)	57	12
Sugars (g)	17	4
Protein (g)	39	9
Salt (g)	1.39	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

SmartPoints® values based on low-cal cooking spray oil.

Allergens

7) Milk

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, Soy, Gluten & Sulphites.

Contact

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Cook the Potatoes

Bring a large saucepan of **water** with $\frac{1}{2}$ **tsp salt** to the boil for the **potatoes**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). When boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



Add the Cavolo Nero

When the **potatoes** are almost ready, add the **cavolo nero** to the pan. **TIP:** Discard any tough stalks from the cavolo nero. Push it down to submerge in the **water**, bring back to the boil and cook until tender, 5-6 mins. Drain the **potatoes** and **cavolo nero** in a colander, then return to the pan off the heat. Add a splash of **milk** and a knob of **butter** (if you have any) and mash until smooth. Stir in the **cheese** and **spring onion**. Taste and season with **salt** and **pepper** if needed. Cover with a lid to keep warm.



Do the Prep

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



Make the Glaze

Once the **pork** is out of the pan, add the **water for the glaze** (see ingredients for amount), **apple and sage jelly** and the **chicken stock paste**. Mix together, bring to the boil then lower the heat and simmer until the **glaze** has thickened, 1-2 mins. Mix in the **parsley**, then remove from the heat.

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.



Pan-Fry the Pork

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash your hands and equipment after handling raw meat. Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 6-8 mins, turning every couple of mins. Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** The pork is cooked when it is no longer pink in the middle.



Serve

Spoon the **cavolo nero champ** onto your plates. Slice the **pork** thinly and arrange on top. Spoon the **apple and sage glaze** over the **pork** to finish.

Enjoy!