



More Than Food  
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

## Peppered Pork with Chorizo and Garlicky Roasted Sprouts

Patrick has struck upon a secret formula that makes the Brussels sprout so delicious it can officially be moved to Santa's nice list! Roasting sprouts gives them a lovely flavour and texture that will make them a firm favourite on your Christmas dinner table this year. In this recipe, we have combined crispy sprouts with peppered pork and chorizo. If you're feeling naughty, stir a teaspoon of butter into your gravy at the end. Nobody needs to know!



30 mins



1 of your  
5 a day



mealkit



mild



New Potatoes  
(1 pack)



Garlic Clove  
(1)



Brussels Sprouts  
(1 pack)



Black Peppercorns  
( $\frac{3}{4}$  tsp)



Pork Medallion  
(2)



Chorizo  
(1 pack)



Water  
(100ml)



Chicken Stock Pot  
( $\frac{1}{2}$ )


## 2 PEOPLE INGREDIENTS

- New Potatoes, quartered
- Garlic Clove, grated
- Brussels Sprouts, halved
- Black Peppercorns

**1 pack**  
**1**  
**1 pack**  
**¼ tsp**

- Pork Medallion
- Chorizo
- Water
- Chicken Stock Pot

**2**  
**1 pack**  
**100ml**  
**½**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

An 80g serving of sprouts contains four times more vitamin C than an orange!

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	544 kcal / 2291 kJ	23 g	6 g	38 g	6 g	49 g	4 g
<b>Per 100g</b>	149 kcal / 626 kJ	6 g	2 g	10 g	2 g	13 g	1 g

**Chicken Stock Pot Ingredients:** Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

2



**1** Preheat your oven to 180 degrees. Put a pot of water on to boil with a generous pinch of **salt**. Cut the **new potatoes** into quarters (no need to peel!). Peel and grate the **garlic** (or use a garlic press if you have one).

**2** Peel a couple of the outer layers from the **sprouts**, cut off the base, then cut in half lengthways. Toss your **sprouts** in a splash of **olive oil**, your **garlic** and a pinch of **salt** and **pepper**. Place on a lined baking tray on the middle shelf of your oven for 15-20 mins.

**3** Boil your **potatoes** for around 10-15 mins, then drain and leave to the side.

**Tip:** *The potatoes are cooked when you can easily slip a knife through.*

**4** Lightly break up the **peppercorns** using a pestle and mortar. **Tip:** *You can also put them in a little bag and bash them with a rolling pin or a tin can!* Roll the **pork** in your **peppercorns** and a good pinch of **salt**, ensuring it is completely coated.

**5** Heat a drizzle of **olive oil** in a non-stick frying pan on medium-high heat. Once the **oil** is really hot, carefully lay in your **pork**. Cook for just under 2 mins on each side until you get a nice crisp layer. **Tip:** *You only need to brown the meat as we'll finish it in your oven.*

**6** Once your **sprouts** are soft, remove them from your oven and place to one side. Place your **pork** on another baking tray and put on the middle shelf for 10 mins. At the same time, fry the **chorizo** in the now empty frying pan for 2 mins on medium heat. Toss your **sprouts**, **potatoes** and **chorizo** together in the baking tray. Cover with tinfoil to keep warm. **Tip:** *Keep the frying pan for your gravy – no need to wash!*

**7** Once your **pork** is cooked, remove from your oven and rest for a few mins on a chopping board. **Tip:** *Resting the pork keeps the meat nice and juicy. The pork is cooked when it is no longer pink in the middle.*

**8** Put the frying pan back on medium heat with the **water** (amount specified in the ingredient list) and the **chicken stock pot**. Bring to the boil and simmer to reduce to a thicker gravy consistency. Slice your **pork** into 1cm wide strips. Spoon some of your **sprout** and **potato mixture** onto each plate, lay your **pork** on top and then spoon over some **gravy**.

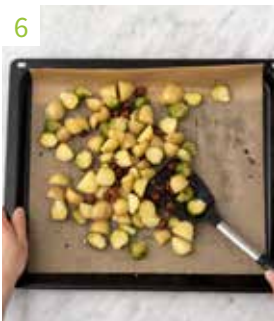
4



5



6



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!