







More Than Food
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Pork with Apple Sauce, Chantenay Carrots and Roast Potatoes

There's nothing more comforting than food with a twist of nostalgia and this recipe is one of those classics, that so many of us grew up with. Pork, with a tangy apple sauce is the perfect comfort food. So, gather the family around the dinner table and dig in! Why Chantenay carrots? These stocky looking little fellows are known for being the sweetest of all the carrot family. If you ask us, they're the perfect complement to our creamy, crunchy roast potatoes.



45 mins



2 of your
5 a day



mealkit



family box



Potato
(2 packs)



Pork Loin
(2)



Chantenay Carrots
(2 packs)



Apple
(2)



Honey
(4 tbsp)



Vegetable Stock Pot
(1)



Apple and Sage Jelly
(1 tbsp)



Water
(100ml)


4 PEOPLE INGREDIENTS

- Potato, halved
- Pork Loin
- Chantenay Carrots, halved
- Apple, sliced

2 packs
2
2 packs
2

- Honey
- Vegetable Stock Pot
- Apple and Sage Jelly
- Water

4 tbsp
1
1 tbsp
100ml

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

Did you know...

Apples are a member of the rose family.

Allergens: Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	582 kcal / 2459 kJ	13 g	2 g	79 g	37 g	40 g	2 g
Per 100g	124 kcal / 524 kJ	3 g	0 g	17 g	8 g	9 g	0 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1

1 Preheat your oven to 200 degrees and bring a pot of water to the boil with a good pinch of **salt**. Halve the **potato** (no need to peel) and when the water is boiling, add to the pot and cook for 10 mins. Then drain and pop on a chopping board.



3

2 Place the flat edges of your **potato** on the board and make deep cuts into the curved top of each **potato half**. **Tip:** Take care not to cut right through and careful not to burn yourself! Arrange your **potato** in an ovenproof dish, drizzle with a good glug of **oil**, a pinch of **salt** and a grind of **black pepper**. Shake your dish to make sure they get a good coating of everything! Pop on the top shelf of your oven for 25-30 mins until crisp and brown.

3 While your potato is cooking, get on with the **pork**! Heat a drizzle of **olive oil** in a frying pan on medium heat and fry the **pork** for 2-3 mins on each side, turning once, until each piece is nicely browned. **Tip:** Don't wash the pan you'll need it later for the apple sauce!



4

4 Pop your **pork** on a baking tray, generously grind over some **black pepper** and cover with a sheet of tinfoil. Cook on the middle shelf of your oven for a further 12-15 mins. **Tip:** The pork is cooked when it is no longer pink in the middle. When cooked, lift out, wrap loosely in tinfoil to rest and set aside until everything else is ready. **Tip:** Resting the meat ensures it is lovely and juicy.



6

5 Meanwhile, put a pot of water on to boil (you can use the same pot you used to cook your potato!) and cut the top and bottom off the **carrots**, then slice in half lengthways (no need to peel!). Cook them in boiling water for 5-6 mins, until just tender.

6 While your carrots are cooking, make your **apple sauce**. Quarter, peel and core the **apple** and cut into 1cm thick slices, then add to the pan with your cooked pork meat juices, the **honey**, **vegetable stock pot**, **apple and sage jelly** and the **water** (amount specified in the ingredient list). Simmer for 5 mins, until your **apple** is soft.

7 When everything is ready, cut your **pork** into 1cm thick slices and serve with your **potato** and **carrots**. Spoon your **apple sauce** over and enjoy.

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