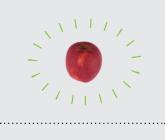


SAGE & APPLE SAUCE PORK

with Potato Wedges





Make homemade apple sauce





Brown Onion













Baby Spinach Leaves

Pantry Staples









Hands-on: 20 mins Ready in: 35 mins

This is a luxurious meal for any week night. Pork is perfectly seared and topped with a rich sage and apple sauce, while potato wedges lend some heft alongside wilted baby spinach.

BEFORE YOU = START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, vegetable peeler, oven tray lined with baking paper, medium saucepan with a lid, wooden spoon, medium frying pan, plate and aluminium foil.



GET PREPPED Preheat oven to 220°C/200°C fan-forced. Cut the **potatoes** (unpeeled) into wedges. Finely chop the **brown onion**. Pick and finely chop the sage leaves until you have 1 tbs for 2 people / 2 tbs for 4 people. Peel and finely chop the garlic. Peel the apple and chop into 2 cm chunks.



BAKE THE POTATO Place the **potato** wedges on the oven tray lined with baking paper, **drizzle** generously with olive oil and season with a pinch of salt and pepper. Cook in the oven for 25-30 minutes, or until soft and golden.



MAKE THE APPLE SAUCE While the potato is cooking, heat a **drizzle** of **olive oil** in a medium saucepan over a medium heat. Add the **brown onion** and cook for 5 minutes, or until soft. Add the sage, garlic, apple, sugar and water (check the ingredients list for the amount), and season with a pinch of salt and pepper. Cover with a lid and cook for a further 10 minutes until softened. Remove the lid and break up the apples with a wooden spoon. *TIP: Add a sprinkle of sugar if you want it to be sweeter and a splash of water if it appears too dry. Set aside and cover with a lid to keep warm.



Divide the pork steaks, potato wedges and baby spinach between plates and top with the sage and apple sauce.

ENJOY!



COOK THE PORK While the apple sauce is cooking, heat a medium frying pan over a medium-high heat. Season the **pork loin steaks** with a **pinch** of salt and pepper, drizzle with olive oil and cook for 3-4 minutes on each side, or until cooked through. *TIP: Pork cooking times may vary depending on the thickness of your steaks. It is ok to serve pork slightly blushing pink in the centre.



COOK THE SPINACH When the pork has **1 minute** of cook time remaining, add the baby spinach leaves, butter and a drizzle of olive oil (to stop the butter burning) around the pork steaks and cook for 1 minute, or until the spinach has wilted. Season with a pinch of salt and pepper and remove from the heat. Place the pork on a plate and cover with foil to rest for 2 minutes.

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potatoes	400 g	800 g
brown onion	1	1
sage 🕖	1 bunch	2 bunches
garlic 🕜	1 clove	2 cloves
apple	1	2
sugar*	1 tsp	2 tsp
water*	1⁄4 cup	½ cup
pork loin	2 steaks	4 steaks
baby spinach leaves	1 bag	2 bags
butter*	2 tsp	1 tbs

*Pantry Items | This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2380kJ (568Cal)	411kJ (98Cal)
Protein (g)	48.3g	8.3g
Fat, total (g)	20.6g	3.6g
- saturated (g)	5.0g	0.9g
Carbohydrate (g)	43.6g	7.5g
- sugars (g)	15.8g	2.7g
Sodium (g)	130mg	22mg

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722 hello@hellofresh.com.au

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