



Thyme & Caramelised Onion Glazed Pork

with Cheesy Fries & Apple Salad

Grab your Meal Kit
with this symbol



Potato



Grated Parmesan
Cheese



Red Apple



Carrot



Thyme



Caramelised
Onion Chutney



Pork Loin
Steaks



Mixed Salad
Leaves



Hands-on: **25-35** mins
Ready in: **35-45** mins



Naturally gluten-free
Not suitable for Coeliacs



Calorie Smart

Ain't life a lot like good food? It's always a balance between the sweet and the savoury. We've walked the tightrope with this delicate blend of succulent pork with caramelised onion and thyme, cheesy fries and a zingy apple salad. Take a bite into this slice of life!

Pantry items

Olive Oil, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
red apple	1	2
carrot	½	1
thyme	1 bunch	1 bunch
caramelised onion chutney	1 tub	2 tubs
water*	3 tbs	½ cup
pork loin steaks	1 packet	1 packet
white wine vinegar*	1½ tsp	3 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2005kJ (479Cal)	395kJ (94Cal)
Protein (g)	46.2g	9.1g
Fat, total (g)	12.2g	2.4g
- saturated (g)	4.4g	0.9g
Carbohydrate (g)	42.3g	8.3g
- sugars (g)	16.5g	8.3g
Sodium (mg)	326mg	64mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on an oven tray, drizzle with **olive oil** and season with **salt**. Toss to coat, then bake for **20 minutes**. Remove the tray from the oven, sprinkle over the **grated Parmesan cheese** and bake until melted and golden, **5 minutes**.

2



Get prepped

While the fries are baking, thinly slice the **apple**. Grate the **carrot** (see ingredients). Pick the **thyme** leaves. In a small bowl, combine the **caramelised onion chutney**, **thyme** and the **water**. Season with **salt** and **pepper**.

3



Cook the pork

Heat a drizzle of **olive oil** in a large frying pan over a medium-high heat. Season the **pork loin steaks** on both sides. When the oil is hot, cook the **pork** until cooked through, **3-4 minutes** each side (depending on thickness). Transfer to a plate and cover with foil to rest.

4



Make the salad

While the pork is resting, combine the **white wine vinegar** and a drizzle of **olive oil** in a large bowl. Add the **mixed salad leaves**, **apple** and **carrot**. Season.

5



Make the glaze

Return the frying pan to a medium-high heat. Add the **caramelised onion sauce** and any **pork resting juices** and cook until slightly reduced, **1 minute**. Remove from the heat. Return the **pork steaks** to the pan and turn to coat in the glaze.

6



Serve up

Toss the apple salad to combine. Slice the pork. Divide the salad, cheese fries and the glazed pork between plates. Spoon any remaining glaze over the pork.

Enjoy!