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Pork with Caramelised Apple & Cauliflower Mash

At first glance, this dish is a simple supper of classic combinations - and it is that. But look closer, and there are a few tricks here as well. See that average looking mash? It's actually cauliflower, and it's delicious! Apple and pork is also a quintessential pairing, but these caramelised apples are a cut above.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 2



gluten
free



nut free

Pantry Items



Butter



Olive Oil



Potatoes



Cauliflower



Pork Striploin



Apple



Sugar Snap Peas

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2P	4P	Ingredients	
300 g	600 g	potatoes, peeled & cut into 2 cm pieces	⊕
1 portion	2 portions	cauliflower, cut into small florets	
1 ½ tbs	3 tbs	butter *	
1 tbs	2 tbs	olive oil *	
400 g	800 g	pork striploin	
1	2	apple, peeled, cored & thinly sliced	
100 g	200 g	sugar snap peas, trimmed	

⊕ Ingredient features in another recipe

* Pantry Items

🍃 Pre-preparation

Nutrition per serve

Energy	2420	Kj
Protein	58.1	g
Fat, total	19.9	g
-saturated	7.9	g
Carbohydrate	36.8	g
-sugars	16.6	g
Sodium	167	mg

Disclaimer: Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



You will need: chef's knife, chopping board, vegetable peeler, kettle, medium saucepan, colander, potato masher, medium frying pan, tongs, baking paper lined oven tray, plate, aluminium foil and a heatproof bowl.

1 Preheat the oven to **200°C/180°C** fan-forced. Bring a kettle of water to the boil.

2 Place the **potato** in a medium saucepan of salted water. Bring to the boil. Simmer for **10 minutes**. Add the **cauliflower** and cook for a further **5-6 minutes** or until tender. Drain. Return the vegetables to the same saucepan with a third of the **butter**. Mash with a potato masher until smooth. Season to taste with **salt** and **pepper**. Cover and set aside.

3 Meanwhile, heat half of the **olive oil** in a medium frying pan over a medium-high heat. Season the **pork striploin** with salt and pepper. Cook for **3 minutes**, turning to seal on all sides. When the pork is nicely coloured, transfer to the lined oven tray and cook in the oven for **10-12 minutes** or until cooked through (pork can be served slightly pink). Remove from the oven, place on a plate and cover with foil. Rest for **5 minutes** and then slice.

4 While the pork is in the oven, heat the same frying pan over a medium heat. Add the remaining olive oil and half of the remaining butter. Cook the **apple slices** for **8-10 minutes**, turning regularly, or until golden and softened. Lightly season with salt. Add the remaining butter to the pan and cook gently for **1-2 minutes** to infuse the butter with all of the yummy pan juices.

5 Meanwhile, place the **sugar snap peas** in a heatproof bowl and cover with the boiling water from the kettle. Sit for **2 minutes** and then drain.

6 To serve, divide the cauliflower and potato mash, sugar snap peas and pork between plates. Spoon the yummy caramelised apple and butter sauce over the pork.