



PORK WITH BUTTERY APPLE

& Rosemary Potatoes



Master a trick to prevent your butter burning



Potato



Red Onion



Apple



Rosemary



Pork Loin



Baby Spinach Leaves

Pantry Staples



Olive Oil



Butter



Balsamic Vinegar

Hands-on: 30 mins
Ready in: 40 mins

Fred Astaire and Ginger Rogers, salt and pepper, Ernie and Bert... iconic duos make like worth living! And can you name a more iconic duo than pork and apple? We'll wait.

BEFORE YOU — START

You will need: **chef's knife, chopping board, oven tray lined with baking paper, large frying pan, plate, tongs** and **large bowl**. Let's start cooking the **Pork with Buttery Apple & Rosemary Potatoes**



1 GET PREPPED

Preheat the oven to **220°/200° fan-forced**. Chop the **potato** (unpeeled) into 2 cm chunks. Slice the **red onion** and **apple** (cored) into 2 cm thick wedges. Pick and finely chop the **rosemary** leaves.



2 ROAST THE POTATOES

Place the **potato** and **red onion** on the prepared oven tray. Drizzle with **1/2** of the **olive oil** and sprinkle with **rosemary**. Season with **salt** and **pepper** and toss to coat the vegetables. Cook for **25-30 minutes**, or until golden.

TIP: It's time to season, add a pinch of salt and taste your cooked potatoes. If you can't taste all the salt add a little more until you can. The amount of salt needed varies for each person so keep tasting your food as you go!



3 COOK THE APPLES

Heat the **butter** and **1/2** of the **remaining olive oil** in a large frying pan over a **medium-high heat**. Cook the **apple** for **4-5 minutes** each side, or until **golden brown** and softened. Set aside on a plate.

Adding a little olive oil to the pan with your butter will prevent the butter burning and also adds a lovely flavour to the apple.



4 COOK THE PORK

Return the pan to a **medium-high heat**. Drizzle the **pork loin** steaks with the **remaining olive oil** and season with **salt** and **pepper**. Cook the pork for **2-3 minutes** on each side, or until browned and cooked through.



5 DRESS THE SALAD

Meanwhile, place the **baby spinach leaves** in a large bowl. Drizzle with the **balsamic vinegar** and a dash of **olive oil**. Season to taste with **salt** and **pepper**.



6 SERVE UP

Divide the baby spinach leaves, rosemary potatoes and red onion between plates. Top with the pork and buttery apples.

ENJOY!

4-5 PEOPLE INGREDIENTS

	4-5P
potato	800 g
red onion	1/2
apple	2
rosemary	1 bunch
olive oil*	2 tbs
butter*	1 tbs
pork loin	4-5 steaks
baby spinach leaves	1 bag
balsamic vinegar*	2 tsp

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2540kJ (606Cal)	376kJ (90Cal)
Protein (g)	55.8g	8.3g
Fat, total (g)	17.2g	2.6g
- saturated (g)	5.0g	0.7g
Carbohydrate (g)	52.3g	7.8g
- sugars (g)	17.0g	2.5g
Sodium (mg)	129mg	19mg

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