

Pork Belly & Caramelised Apple Sauce

with Smoked Cheddar Mash & Nutty Mustard Greens

Grab your Meal Kit with this symbol



Slow-Cooked Pork Belly



Potato



Smoked Cheddar Cheese



Sage



Apple



Green Beans



Asparagus



Garlic



Walnuts



Crushed Macadamia Nuts



Wholegrain Mustard



Onion Chutney



Chicken-Style Stock Powder

Hands-on: 35-45 mins
Ready in: 50-60 mins

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!

Pantry items

Olive Oil, Milk, Butter

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 foil · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
slow-cooked pork belly	1 packet	1 packet
potato	2	4
smoked Cheddar cheese	1 medium packet	2 medium packets
milk*	2 tbs	¼ cup
butter*	40g	80g
sage	1 bag	1 bag
apple	1	2
green beans	1 bag (200g)	1 bag (400g)
asparagus	1 bunch	2 bunches
garlic	2 cloves	4 cloves
walnuts	1 packet	2 packets
crushed macadamias	1 packet	2 packets
wholegrain mustard	½ packet (20g)	1 packet (40g)
onion chutney	1 large packet	2 large packets
water*	½ cup	1 cup
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4614kJ (1103Cal)	588kJ (141Cal)
Protein (g)	50.3g	6.4g
Fat, total (g)	72.2g	9.2g
- saturated (g)	28.7g	3.7g
Carbohydrate (g)	60.5g	7.7g
- sugars (g)	33.9g	4.3g
Sodium (mg)	1420mg	181mg

The quantities provided above are averages only.

Allergens

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

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

Fancy a drop?

We recommend pairing this meal with Pinot Noir or Riesling



Grill the pork belly

Preheat the grill to high. Using paper towel, pat dry the **slow-cooked pork belly** and wipe to remove any excess fat. Lightly score the **pork fat** in a 1cm criss-cross pattern. Add a generous pinch of **salt** and rub over. Place the **pork**, fat-side up, on a foil-lined oven tray. Grill on the top rack until the fat is golden and crispy, **35-40 minutes**. Set aside to rest for **10 minutes**.

TIP: Keep an eye on your pork. You want it golden and crispy, but not burnt!



Cook the nutty greens

When the pork has **10 minutes** cook time remaining, heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Cook the **green beans, asparagus, walnuts** and **crushed macadamias**, tossing, until the greens are tender, **4-5 minutes**. Add the **garlic** and cook until fragrant, **1 minute**. Add the **wholegrain mustard** (see ingredients), toss to combine and season to taste. Transfer to a bowl and cover to keep warm.



Make the Cheddar mash

While the pork is grilling, bring a medium saucepan of salted water to the boil. Peel the **potato** and cut into large chunks. Grate the **smoked Cheddar cheese**. Cook the **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return the **potato** to the pan. Add the **milk, cheese** and 1/2 the **butter**, then mash until smooth. Season to taste. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



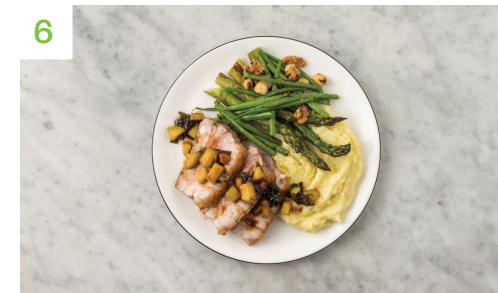
Make the apple sauce

Wipe out the frying pan, then return to a medium-high heat with the remaining **butter** and a drizzle of **olive oil**. Cook the **apple** and **sage**, tossing occasionally, until browned, **4-6 minutes**. Add the **onion chutney, the water** and **chicken-style stock powder**. Stir to combine and simmer until slightly reduced, **2-3 minutes**. Season to taste.



Get prepped

While the potato is cooking, roughly chop the **sage**. Cut the **apple** into small chunks. Trim the **green beans** and **asparagus**. Finely chop the **garlic**.



Serve up

Slice the pork belly. Divide the smoked Cheddar mash, pork belly and nutty mustard greens between plates. Top with the caramelised apple sauce to serve.

Enjoy!