



Thyme & Caramelised Onion-Glazed Pork

with Cheesy Fries & Apple Salad

Grab your Meal Kit with this symbol



Potato



Shredded Cheddar Cheese



Apple



Carrot



Thyme



Onion Chutney



Pork Loin Steaks



Mixed Salad Leaves



Chicken Breast

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

Eat Me Early*
**Custom recipe only*

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 crunchy apple salad. Take a bite into this slice of life!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
apple	1	2
carrot	½	1
thyme	1 bag	1 bag
onion chutney	1 medium packet	1 large packet
water*	2 tbs	¼ cup
pork loin steaks	1 packet	1 packet
white wine vinegar*	½ tbs	1 tbs
mixed salad leaves	1 bag (30g)	1 bag (60g)
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2204kJ (527Cal)	426kJ (102Cal)
Protein (g)	46.4g	9g
Fat, total (g)	17.9g	3.5g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	42.7g	8.2g
- sugars (g)	14.8g	2.9g
Sodium (mg)	375mg	72mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2306kJ (551Cal)	437kJ (104Cal)
Protein (g)	40.8g	7.7g
Fat, total (g)	23.2g	4.4g
- saturated (g)	8.8g	1.7g
Carbohydrate (g)	42.7g	8.1g
- sugars (g)	14.8g	2.8g
Sodium (mg)	396mg	75mg

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.



Bake the cheesy fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil** and season with **salt**. Toss to coat, then bake for **20 minutes**. After **20 minutes** of cook time, remove the tray from the oven, sprinkle over the **shredded Cheddar cheese** and bake until melted and golden, **5 minutes**.



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 **onion chutney, thyme** and the **water**, then season with **salt** and **pepper**. Set aside.



Cook the pork

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Season the **pork loin steaks**. 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.

TIP: Pork can be served slightly blushing pink in the centre.

CUSTOM RECIPE

If you've swapped your pork for chicken, place your hand flat on top of each chicken breast and slice through horizontally to make two thin steaks. Heat the pan as above. Season the chicken, then cook until cooked through, 3-5 minutes each side. Transfer to a plate.



Prep the salad

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



Glaze the pork

Return the frying pan to a medium-high heat. Cook the **onion chutney mixture** and any **pork resting juices** until slightly reduced, **1 minute**. Remove from the heat, then return the **pork** to the pan and turn to coat in the glaze.



Serve up

Toss the salad to combine. Slice the caramelised onion-glazed pork. Divide the apple salad, cheesy fries and pork between plates. Spoon any remaining glaze over the pork to serve.

Enjoy!

CUSTOM RECIPE

Return the chicken to the pan and turn to coat in the glaze as above.