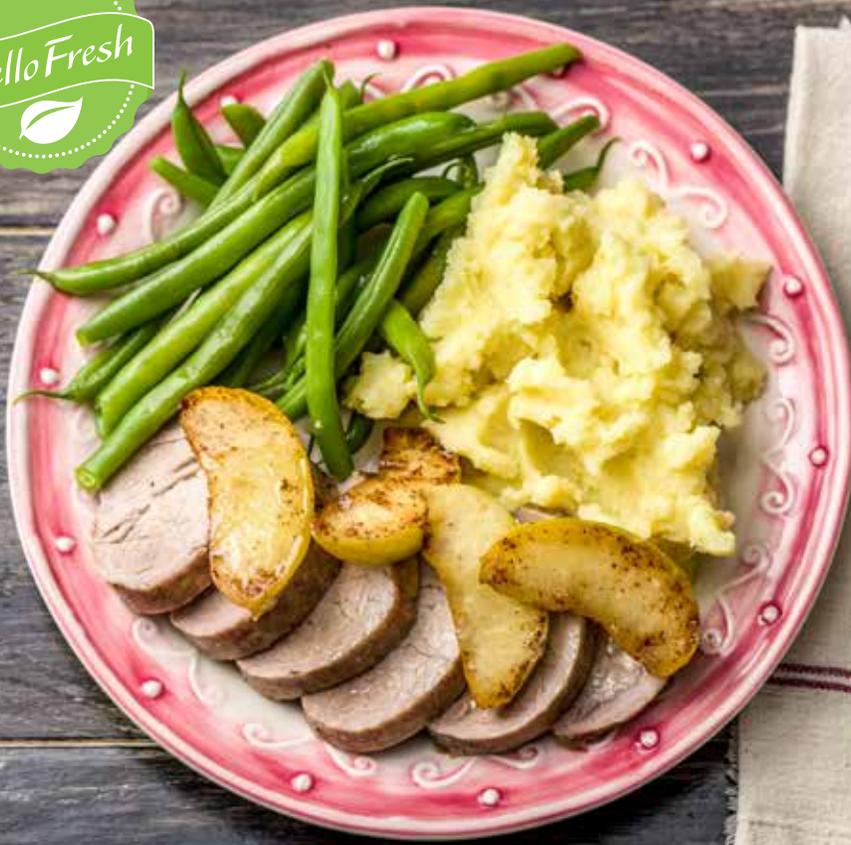




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Juicy Pork with Creamy Mash & Caramelised Apples

An Autumnal feast if ever there was one! The classic combination of pork and apple is a sure winner, especially when the apples are kept semi soft and covered in butterscotch caramel. With creamy mash and easy green beans, there's little else to do but tuck in and enjoy this comforting dish.



Prep: 15 mins

Cook: 25 mins

Total: 40 mins



level 2



gluten
free



nut free

Pantry Items



Milk



Olive Oil



Butter



Potatoes



Green Beans



Apple



Pork Tenderloin

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QTY

1 kg	potatoes, peeled & chopped into small chunks
300 g	green beans, ends trimmed
2 tbs	milk *
1 tbs	olive oil *
600 g	pork tenderloin
2 tbs	butter *
1	apple, peeled, cored & thinly sliced

Ingredients

⊕ Ingredients features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	1950	Kj
Protein	44.2	g
Fat, total	12.4	g
-saturated	5.2	g
Carbohydrate	40.2	g
-sugars	7.7	g
Sodium	108	mg



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

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **potatoes** in a large saucepan of salted water. Bring to the boil. Simmer for **15 minutes**. Add the **green beans** and simmer for a further **3 minutes** or until the potatoes and beans are tender. Drain. Remove the beans and set aside. Return the potatoes back to the same saucepan with the **milk**. Mash until smooth. Season to taste with **salt** and **pepper**. Cover and set aside.

3 Meanwhile, heat half of the **olive oil** in a large frying pan over a medium-high heat. Season the **pork tenderloin** 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 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 the **butter**. Cook the **apple slices** for **8-10 minutes**, turning regularly, or until golden and softened. Lightly season with salt. Transfer the apple to a bowl and cover with foil. 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. Pour the butter sauce over the cooked apples and cover again.

5 To serve divide the creamy mash, beans and pork between plates. Spoon the yummy caramelised apple and butter sauce over the pork.

Did you know? The apple tree originated in Central Asia.

