



# Cheese and Caramelised Onion Pork Steaks

with Mashed Potato and Garlicky Green Beans

Calorie Smart 40 Minutes • Under 600 Calories

26



Potatoes



Garlic Clove



Green Beans



Cheddar Cheese



Onion Marmalade



Pork Steak

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Bowl, Garlic Press, Frying Pan, Baking Tray, Colander and Potato Masher.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Garlic Clove	1	2	2
Green Beans**	150g	200g	300g
Cheddar Cheese 7)**	30g	45g	60g
Onion Marmalade	20g	30g	40g
Pork Steak**	2	3	4

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	453g	100g
Energy (kJ/kcal)	1800/430	398/95
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	46	10
Sugars (g)	4	1
Protein (g)	38	8
Salt (g)	0.40	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

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## Get Prepped

Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Chop the **potatoes** into 2cm chunks (no need to peel). Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Grate the **cheese**. Put the **onion marmalade** into a bowl and use a spoon to break it up.



## Cook the Potatoes

Once boiling, add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins.



## Start the Pork

Heat a drizzle of **oil** in a pan on medium-high heat. Season the **pork** with **salt** and **pepper**. Once the pan is hot, lay in the **pork**, fry until golden brown, 4-5 mins each side. **IMPORTANT: Wash your hands after handling raw meat.** Transfer the **pork** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the top of each **steak**, using a spoon to spread it out. Divide the **cheese** between the tops of the **steaks**, press it down with the back of a spoon.



## Grill Time

Put your grill onto high. When hot, grill the **pork** until the **cheese** is golden and bubbly, 3-5 mins. **IMPORTANT: The pork is cooked when no longer pink in the middle.** Remove from the grill, loosely cover with foil and allow to rest for a couple of mins before serving.



## Fry the Beans

While the **pork** is grilling, pop your (now empty) frying pan back on medium-high heat. Add a drizzle of **oil** if the pan is dry. Add the **green beans** and season with **salt** and **pepper**. Stir-fry until slightly charred, 2-3 mins. Add the **garlic**, stir together and cook for another minute. Add a splash of **water**, cover the pan with a lid or some tin foil and allow to steam-fry until the **beans** are tender, 3-4 mins. Remove the pan from the heat.



## Finish and Serve

Meanwhile, once the **potatoes** are cooked, drain in a colander and return to the pan off the heat. Add a knob of **butter** and a splash of **milk** (if you have any) and mash until smooth. Season with **salt** and **pepper**. Cover with a lid to keep warm. Once everything is ready, serve the **pork** with the mash and **garlicky beans** alongside.

Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.