



# Cheese and Caramelised Onion Pork Steaks with Mash and Garlicky Green Beans

Calorie Smart 30-35 Minutes • Under 650 Calories

26



Potatoes



Garlic Clove



Green Beans



Mature Cheddar  
Cheese



Onion Marmalade



Pork Steak

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Saucepan, lid, garlic press, grater, bowl, 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
Mature Cheddar Cheese** (7)	30g	45g	60g
Onion Marmalade	20g	40g	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)	1818 / 435	402 / 96
Fat (g)	11	2
Sat. Fat (g)	5	1
Carbohydrate (g)	48	11
Sugars (g)	7	2
Protein (g)	38	8
Salt (g)	0.39	0.09

Nutrition for uncooked ingredients based on 2 person recipe.

PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Get Prepped

Bring a large saucepan of **water** to the boil with  $\frac{1}{2}$  **tsp salt**. Chop the **potatoes** into 2cm chunks (peel first if you prefer). Peel and grate the **garlic** (or use a garlic press). Trim the **green beans**. Grate the **cheese**. Pop the **onion marmalade** into a small bowl and use a spoon to break it up.



## Grill Time

When your grill is hot, grill the **pork** until the **cheese** is golden and bubbly, 2-3 mins. **IMPORTANT:** *The pork is cooked when no longer pink in the middle. Allow to rest for 2 mins before serving.*



## Cook the Potatoes

When your pan of **water** is boiling, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins.



## 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. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins. Stir in the **garlic**, turn the heat down to medium and cook for 1 min. Then add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat and season with **salt** and **pepper**.



## Start the Pork

While the **potatoes** cook, heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the pan is hot, lay in the **pork**, fry until golden brown, 2-3 mins each side. Meanwhile, preheat your grill to high. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Transfer the **pork** to a baking tray (don't wash your pan). Divide the **onion marmalade** between the **steaks**, then use a spoon to spread it out. Top with the **grated cheese**, pressing it down with the back of the spoon.



## 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 steaks** with the **mash** and **garlicky beans** alongside.

Enjoy!