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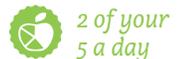
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## Pork Chop with Braised Cabbage, Potato Wedges and Cranberry and Pistachio Jam

This tasty recipe is great for the chilly weeks leading up to Christmas; it's warm and hearty and the pistachio and cranberry jam adds a beautiful sweet flavour that lifts the dish. The jam is a great accompaniment to roasted meats such as pork, turkey and chicken and would fit in perfectly with a Christmas roast. Practice makes perfect...



40 mins



2 of your  
5 a day



Potato (1 pack)



Carrot (1)



Garlic Clove (1)



Rosemary (½ bunch)



Pistachios (25g)



Savoy Cabbage (½)



Streaky Bacon Rashers  
(4)



Pork Chop (2)



Dried Cranberries  
(60g)



White Wine  
Vinegar (1 tbsp)



Water for the  
Cranberry Jam (175ml)



Water for the  
Cabbage (50ml)

## 2 PEOPLE INGREDIENTS

- Potato, chopped
- Carrot, chopped
- Garlic Clove, grated
- Rosemary, chopped
- Pistachios
- Savoy Cabbage, sliced

**1 pack**  
**1**  
**1**  
**½ bunch**  
**25g**  
**½**

- Streaky Bacon Rashers
- Pork Chop
- Dried Cranberries
- White Wine Vinegar
- Water for the Cranberry Jam
- Water for the Cabbage

**4**  
**2**  
**60g**  
**1 tbsp**  
**175ml**  
**50ml**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Cranberries are a good source of antioxidants, particularly anthocyanin that gives them their red pigment.

**Allergens:** Nut, Sulphites.

### Nutrition as per prepared and listed ingredients

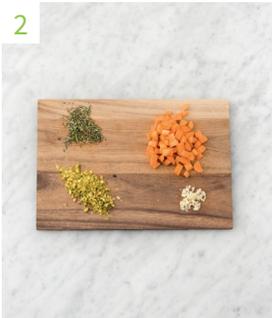
	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	942 kcal / 3946 kJ	47 g	13 g	72 g	33 g	59 g	1 g
Per 100g	183 kcal / 765 kJ	9 g	3 g	14 g	6 g	11 g	0 g

1



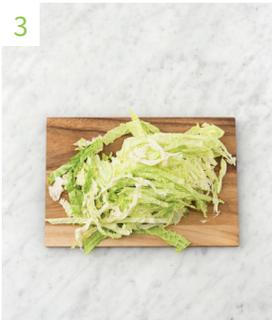
**1** Preheat your oven to 200 degrees. Cut the **potato** in half lengthways (no need to peel!) and then chop each half into six wedges. Pop your **wedges** on a baking tray, add a drizzle of **oil** and season with **salt** and **black pepper**. Toss and then roast in your oven for 30 mins. Turn after 15 mins to make sure they cook evenly.

2



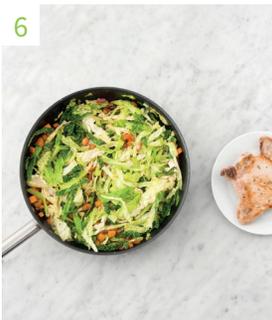
**2** Peel the **carrot**, remove the top and bottom and chop into ½cm chunks. Peel and grate the **garlic** (or use a garlic press if you have one). Strip the **rosemary leaves** from their stalks and chop finely. Remove the **pistachio nuts** from their shells and chop roughly. **Tip:** *Don't smash the pistachios to a powder, you want nice small pieces.*

3



**3** Cut the **savoy cabbage** in half, remove the core and then cut into ½cm wide slices. Keep to one side.

6



**4** Cut the **bacon** into ½cm wide pieces. In a large bowl, mix half of your **rosemary** with a glug of **oil**. Add the **pork** and mix well to coat. Season with a pinch of **salt** and a good grind of **black pepper**. Keep to one side.

**5** Next, make the **cranberry and pistachio jam**. Pop the **dried cranberries** and **white wine vinegar** in a small saucepan with a pinch of **sugar** (if you have some) and the **water** (amount specified in the ingredient list). Cook on a high heat until the **water** has evaporated and your **dried cranberries** are soft and sticky. Stir in your **pistachios** and keep to one side.

**6** Heat a large frying pan over high heat and add a splash of **oil**. Cook your **pork** for 2 mins on each side and then transfer to a plate. **Tip:** *We will finish cooking it later in the oven.* Keep the heat high and add your **bacon** and **carrot**. Cook for 5 mins, stirring frequently and then add your **cabbage**. Season with **salt** and **black pepper**, then add your **garlic** and remaining **rosemary**. Cook for 1 minute more and then add the **water** (amount specified in the ingredient list). Pop a lid on (or cover tightly with tinfoil), lower the heat to medium and cook for 7-10 mins or until your **cabbage** is soft.

**7** When your **wedges** have 10 mins left, lay your **pork** on top of your **wedges** on the baking tray and roast in your oven for 10 mins. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

**8** When your **pork** is ready, remove from your oven and leave to rest for 2 mins. Warm your **cabbage**, taste and add more **salt** and **black pepper** if needed. Serve your **cabbage** on your plates with your **wedges** alongside. Pop a **pork chop** on top and finish with a generous spoonful of your **cranberry and pistachio jam**. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!