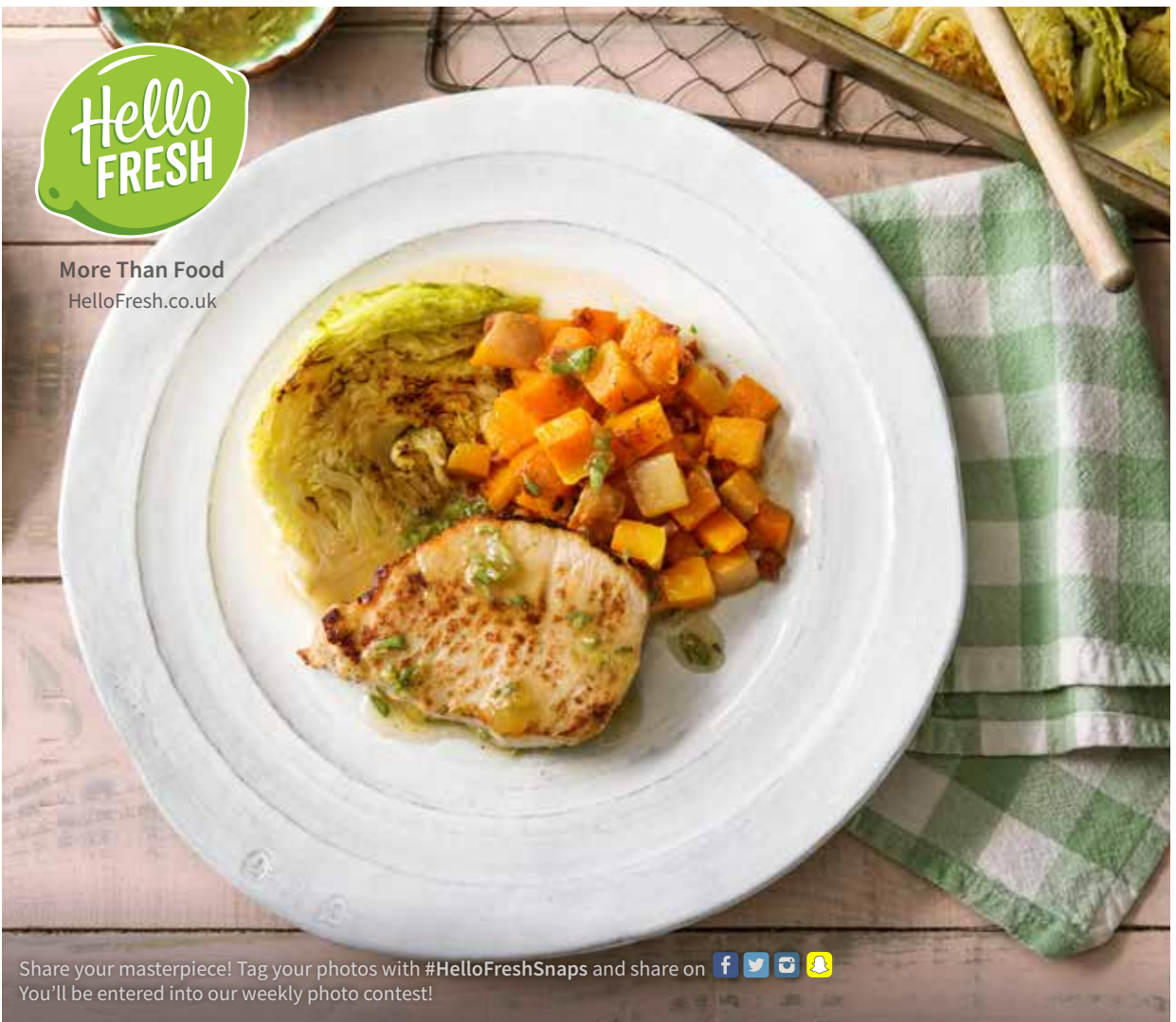








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Pork Chop with Roasted Butternut, Braised Savoy and Apple and Sage Glaze

You may be familiar with braising meat but in this recipe you will be braising cabbage! Braising is a combination cooking method, that uses both dry and moist heat. Braising usually follows two steps; first, pan-searing the cabbage on high heat, allowing it to brown and improve in flavour and second, simmering in liquid on low heat, allowing it to be packed full of moisture and giving a richer flavour.

 45 mins

 2 of your 5 a day

 healthy

 family box



Butternut Squash (1)



Savoy Cabbage (1)



Garlic Clove (1)



Water (200ml)



Chicken Stock Pot (1)



Pancetta (1 pack)



Pork Chop (4)



Apple and Sage Jelly (3 tbsp)


4 PEOPLE INGREDIENTS

- Butternut Squash, chopped **1**
- Savoy Cabbage, chopped **1**
- Garlic Clove, grated **1**
- Water **200ml**
- Chicken Stock Pot **1**
- Pancetta **1 pack**
- Pork Chop **4**
- Apple and Sage Jelly **3 tbsps**

Allergens: Mustard.

Nutrition as per prepared and listed ingredients

| | Energy | Fat | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|--------------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 484 kcal / 2025 kJ | 27 g | 10 g | 12 g | 9 g | 48 g | 2 g |
| Per 100g | 151 kcal / 630 kJ | 8 g | 3 g | 4 g | 3 g | 15 g | 0 g |

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

Did you know...

Cabbage is a tall plant! It grows 40 to 60cm high in its first year of life (during the formation of the head) but in its second year it can reach nearly 2m in height (when the plant produces flowers).

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract

1



1 Preheat your oven to 200 degrees. Slice the **butternut squash** in half lengthways and scoop out the seeds (no need to peel). Slice it widthways into 1cm thick pieces. Now chop into 1cm cubes. Put your **squash** on a baking tray. Drizzle over enough **oil** to just coat it, and pop in your oven for 20 mins.

2



2 Boil your kettle. Meanwhile, prepare the rest of your veg. Cut the **cabbage** in half through the root, then chop each half into four wedges (see picture). Peel and grate the **garlic** (or use a garlic press if you have one). Mix the **boiling water** (the amount specified in the ingredient list) with the **chicken stock pot** in a jug and leave to the side.

4



3 Put a frying pan on medium-high heat and drizzle in some **oil**. Add the **pancetta** and cook for 5 mins until brown, then remove your **pancetta** from the pan. Season each **pork chop** on both sides with a pinch of **salt** and a good grind of **black pepper**. Lay your pork in the now empty pan and cook for 2-3 mins on each side, or until brown. Remove the pan from the heat.

4 When your **squash** has been cooking for 20 mins, take it out of your oven and give the tray a good shake. Add your **pancetta** to the tray. Mix together, then lay your **pork** on top. Pop the tray back in your oven for a further 15 mins. **Tip:** *The pork is cooked when it is no longer pink in the middle!*

6



5 Drizzle a little **oil** into the pan and pop back on medium-high heat (no need to wash). When the pan is hot add your **cabbage wedges**. Season with a small pinch of **salt** and a grind of **black pepper** and cook for 2-3 mins on one side, before carefully turning over and cooking for 2-3 mins on the other side. **Tip:** *The cabbage should be slightly golden, if not, just cook it for a couple of mins longer.* If it falls apart a bit, that's fine!

6 Transfer your **cabbage** from the pan to a roasting tin (with quite high sides) and add your **garlic**. Pour in all but 1 tbsp of your **stock** per person. Cover with tinfoil and pop in your oven for 7 mins. **Tip:** *This method of cooking is known as braising!*

7 Wipe out the same pan with kitchen paper and add the **apple and sage jelly**. Put it on medium-low heat and cook slowly to melt your **jelly**. Once melted, add your remaining **stock** and stir together. This is your glaze!

8 Once everything is cooked, remove from your oven. Serve your **pork** with your **pancetta, squash** and **cabbage** on the side. Drizzle over some of your **apple and sage glaze** and serve... YUM!

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