



Pan-fried Cinnamon Pork

with Granny Smith Apple Sauce



20-30min



2 Portions

Satisfy your Sunday roast pork craving midweek with this easy and infinitely healthier dinner of pan-fried pork with apple sauce. A simple cinnamon marinade adds an aromatic toasty flavour that perfectly complements the tart apple sauce. Lightly buttered vegetables are all you need to complete this balanced winter dish.

What we send

- 2 carrots and 1 green apple
- 2 garlic cloves and parsley
- green peas
- onion
- free-range pork loin steaks
- cinnamon

What you'll require

- butter ⁷
- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar ¹⁷

Utensils

- foil
- large frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens.

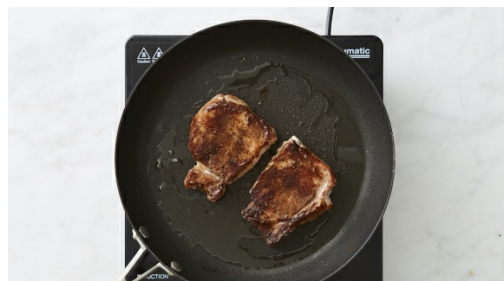
Nutrition per serving

Energy 560.0kcal, Fat 19.8g, Proteins 43.7g, Carbs 43.3g



1. Prepare ingredients

Bring a small saucepan of salted water to the boil for the carrots. Finely chop the **garlic** and **half the onion** (keep remainder for another use). Peel the **apple**, then cut into 1cm pieces, discarding the core. Peel the **carrots**, then thinly slice. Finely chop the **parsley** leaves, discarding the stems.



4. Cook pork

Meanwhile, heat a large frypan over medium-high heat. Add the **pork** and cook for 3 mins each side or until just cooked through. Remove from pan, loosely cover with foil and set aside to rest for 3 mins. Reserve the pan and do not clean it.



2. Marinate pork

Combine **half the oil** with the **cinnamon**, **salt and pepper** in a bowl. Add the **pork** and mix until well coated. Cook the **carrots** in the pan of boiling salted water for 2-3 mins until almost tender. Drain in a colander, then refresh under cold water. Reserve the pan.



5. Finish apple sauce

Stir the **vinegar**, **sugar** and **half the butter** into the apple mixture until combined. Remove pan from heat. Using a stick blender, food processor or potato masher, process or mash the mixture until smooth. Stir in **half the parsley** and season with **salt and pepper**. Cover and keep warm.



3. Start apple sauce

Heat the **remaining oil** in the reserved pan over medium-high heat. Add the **garlic** and **onion**, and cook, stirring, for 2 mins or until slightly softened. Add the **apple**, **water** (see staples list), **salt and pepper**, and bring to a simmer. Cover with a lid, then reduce heat to medium. Cook, stirring occasionally, for 12-15 mins until the apple is very soft.



6. Get ready to serve

Melt the **remaining butter** in the reserved frypan over medium heat. Add the **carrots** and **peas**, and cook, tossing, for 1 min or until warmed through and well coated. Thinly slice the **pork**. Divide the apple sauce, vegetables and pork among plates. Drizzle with any resting juices and scatter over the **remaining parsley** to serve.