

## Pan-fried Cinnamon Pork

with Granny Smith Apple Sauce



20-30min



4 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 green apples and 4 carrots
- green peas
- parsley and 3 garlic cloves
- free-range pork loin steaks
- cinnamon
- onion

## What you'll require

- butter<sup>7</sup>
- olive oil
- sea salt and pepper
- sugar
- water
- white wine vinegar<sup>17</sup>

## 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 540.0kcal, Fat 19.8g, Proteins 43.3g, Carbs 40.4g



### 1. Prepare ingredients

Bring a medium saucepan of salted water to the boil for the carrots. Finely chop the **garlic** and the **onion**. Peel the **apples**, then cut into 1cm pieces, discarding the core. Peel the **carrots**, then thinly slice. Finely chop the **parsley** leaves, discarding the stems.



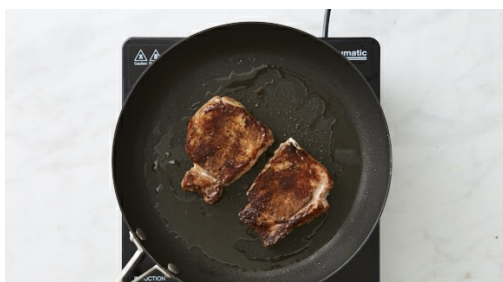
### 2. Marinate pork

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.



### 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.



### 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.



### 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.



### 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.