



WW Pork with Fried Apple

& Cabbage



40-50min



2 Portions

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What we send

- potato white baby chat
- granny smith apple
- pork, free range, loin steaks, 2x150gm
- spice, ground cinnamon
- cabbage green portion cut
- Massel Vegetable stock cube

What you'll require

- milk ⁷

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Serving suggestions : 0 SmartPoints steamed green beans.

Allergens

Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 1kcal

1. Prepare ingredients

Chop potato, cut apple into 1cm thick slices, discarding the end pieces. Trim excess fat from the pork loin steak.

2. Shred cabbage

Finely shred the cabbage

3. Cook potatoes

Boil, steam or microwave potatoes until just tender. Drain. Mash in a large bowl with milk until smooth. Season with salt and freshly ground black pepper. Cover to keep warm.

4. Cook pork and apples

Lightly spray a large non-stick pan with oil and heat over medium heat. Cook apples and pork for 3 minutes each side or until apples are golden and tender and pork is cooked through. Sprinkle apples with cinnamon.

5. Rest pork

Transfer apples and pork to a plate. Cover with foil and set aside to rest for 5 minutes before serving.

6. Get ready to serve

Meanwhile, reheat pan over high heat. Add cabbage and 1 tablespoon water. Add 2 teaspoons to serve 2. Cook for 2-3 minutes or until just tender. Top pork with apples and drizzle with any resting juices. Serve with mash and cabbage.