



Pork Loin and Rosemary Chips

with tender garlicky asparagus

Family 40-45 mins

4



Pork Loin Steak



Potatoes



Garlic



Rosemary



Asparagus

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Aluminium foil, baking sheet with baking paper, grater, pan with lid

Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Potatoes	3 units	6 units
Garlic	2 units	4 units
Rosemary	10 g	20 g
Asparagus	200 g	400 g

Nutrition

	Per serving	Per 100g
for uncooked ingredients	560 g	100 g
Energy (kJ/kcal)	2138 kJ/ 511 kcal	381.8 kJ/ 91.2 kcal
Fat (g)	10.9 g	1.9 g
Sat. Fat (g)	2.2 g	0.4 g
Carbohydrate (g)	64 g	11.4 g
Sugars (g)	4.4 g	0.8 g
Protein (g)	39.8 g	7.1 g
Salt (g)	1.9 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Chips

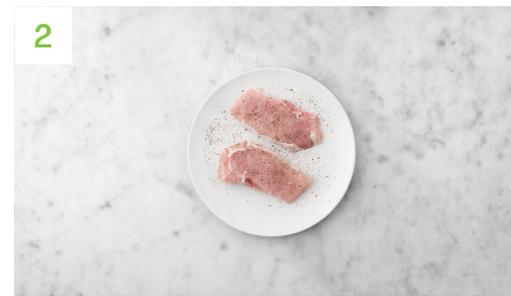
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Pick the **rosemary** leaves and roughly chop (discard the stalks).
- Chop **potatoes** lengthways into 1cm slices, then into 1cm chips (no need to peel).
- Pop the chips onto a large (lined) baking tray. Drizzle with **oil**, season with **salt**, **pepper** and **half the rosemary**.
- Toss to coat and spread out. When oven is hot, roast on top shelf, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if needed.



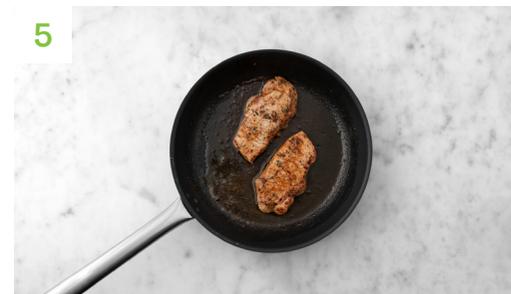
Make the Garlic Butter

- Once the **garlic** has roasted, carefully remove from the foil.
- Pop into a bowl and mash with the softened **butter** and remaining **rosemary**.
- Season with **salt** and **pepper** then mix to combine and set aside.



Get Prepped

- Peel the **garlic** cloves. Pop **half** into a small piece of foil with a drizzle of **oil** and scrunch to enclose.
- Add the **garlic** parcel to the tray with the chips to cook for 10-12 mins.
- Meanwhile, grate the remaining **garlic** (or use a garlic press).
- Remove the **butter** from the fridge to soften.
- Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat.



Cook the Pork

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, fry the **pork** until browned, 2-3 mins on each side.
- Reduce the heat to medium and fry for an additional 4-6 mins, turning every 2 mins.
- When 1 min of cooking time remains, add the **garlic butter**, allow to melt and spoon it over to baste the **pork** in it.
- Once cooked, transfer from the pan, cover and allow to rest, 1-2 mins. **IMPORTANT:** Pork is cooked when no longer pink in the middle.



Fry the Asparagus

- Trim the bottom of the **asparagus** and discard.
- Place a medium pan over medium-high heat with a drizzle of **oil**.
- Once the pan is hot, add the **asparagus** and remaining **garlic** and season with **salt** and **pepper**.
- Fry for 1 min, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until tender, 4-6 mins, then remove from the pan and cover to keep warm.



Finish and Serve

- When everything is ready, thinly slice the **pork**.
- Plate up the **butter**-basted **pork** with the chips and **asparagus** alongside.
- Drizzle any remaining buttery juices from the pan over the top.

Enjoy!