



# Pork Loin and Rosemary Chips

with tender asparagus

Family 40-45 mins

4



Pork Loin Steak



Potatoes



Garlic



Rosemary



Asparagus

Pantry Items: Butter, Salt, Pepper, Oil, Water

## 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, excludes Pantry Items.*

## 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

Thumbs up or thumbs down?  
Head online or use the app to rate this recipe.



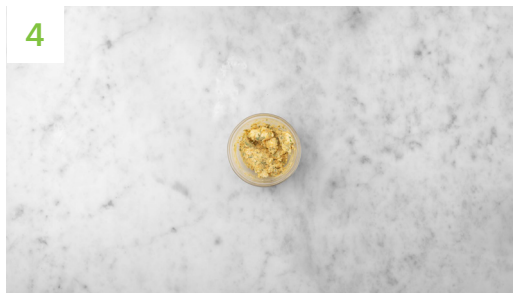
You can recycle me!



## 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 the **potatoes** lengthways into 1cm slices, then into 1cm chips (unpeeled).
- Chop onto a lined baking tray. Drizzle with **oil** then season with **salt, pepper** and **half the rosemary**.
- Toss to coat and spread out. When the oven is hot, roast on the top shelf until golden, 25-30 mins. Turn halfway.

**TIP:** Use two baking trays if necessary.



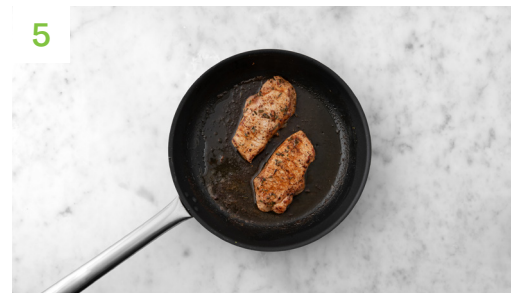
## Make the Garlic Butter

- Once the **garlic** has roasted, carefully remove it from the foil.
- Pop into a bowl and mash with 1 tbsp **butter** (double for 4p) and the 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, 10-12 mins.
- Meanwhile, grate the remaining **garlic** (or use a garlic press).
- Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat.



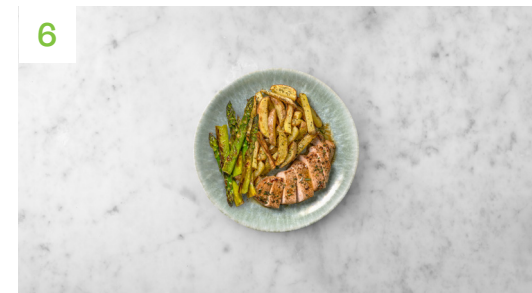
## Cook the Pork

- Return the pan to high heat with a drizzle of **oil**.
- Once hot, sear the **pork loin**, fat-side down, until crispy, 2-3 mins.
- Reduce the heat to medium and once seared, fry until cooked, 4-5 mins on each side.
- When 1 min of cooking time remains, add the **garlic butter**, allow to melt and use a spoon 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 hot, add the **asparagus** and grated **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 **rosemary** chips and **asparagus** alongside.
- Drizzle any remaining buttery juices from the pan over the top.

**Enjoy!**