



# Sage Butter Pork

with roasted aubergine and sweet potato mash

25-30 mins

1



Pork Loin Steak



Aubergine



Paprika



Sage



Sweet Potato

Pantry Items: Water, Butter, Milk (Optional), Salt, Pepper, Oil

## 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, potato masher, colander

## Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Aubergine	1 unit	2 units
Paprika	2 sachets	4 sachets
Sage	10 g	20 g
Sweet Potato	2 units	4 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	519.5 g	100 g
Energy (kJ/kcal)	1723.8 kJ/ 412 kcal	331.8 kJ/ 79.3 kcal
Fat (g)	3.6 g	0.7 g
Sat. Fat (g)	0.9 g	0.2 g
Carbohydrate (g)	57.3 g	11 g
Sugars (g)	13.6 g	2.6 g
Protein (g)	36.8 g	7.1 g
Salt (g)	1.2 g	0.2 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.



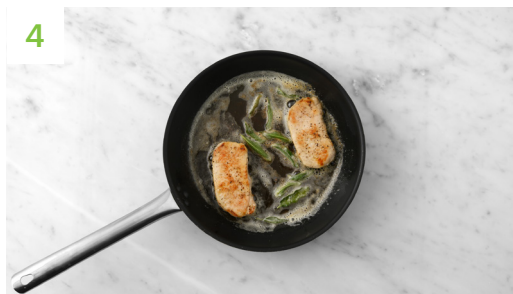
You can recycle me!



### Roast the Aubergine

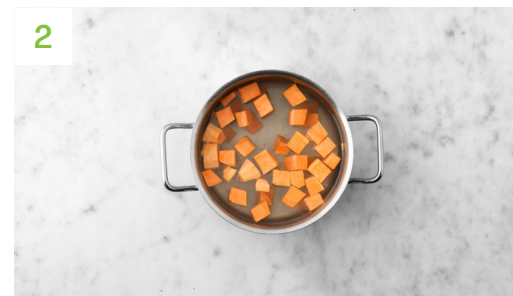
- Preheat the oven to 220°C/200°C fan/gas mark 7. Boil a large pot of **salted water**.
- Trim the **aubergine** and cut into 2cm pieces.
- Pop the **aubergine** onto a lined baking tray. Drizzle with **oil**, season with **paprika, salt and pepper** then toss to coat. Spread out in a single layer.
- When oven is hot, roast on the top shelf until the **aubergine** is soft and golden, 20-25 mins. Turn halfway through.

**TIP:** To save time you can boil the water in your kettle.



### Baste in Butter

- When everything is almost ready, return the pan to medium-high heat with 2 tbs **butter** (double for 4p).
- Pick the **sage** leaves from their stalks (keeping them whole). Discard the stalks.
- When the **butter** is melted, add the **sage** leaves to the pan and fry until crispy, 2-3 mins, shifting as they cook.
- Once crisp, add the **pork** back to the pan.
- Carefully use a spoon to baste the **pork** in the **sage butter**.



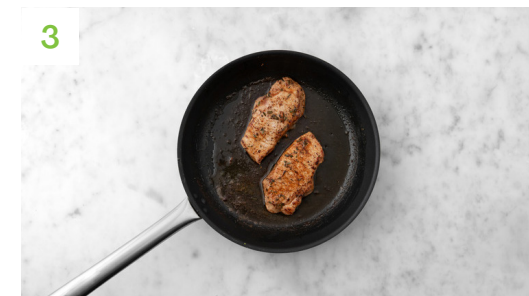
### Cook the Sweet Potatoes

- Meanwhile, chop the **sweet potatoes** into 2cm chunks (peeling optional).
- When boiling, add the **sweet potatoes** to the **water** and cook until fork tender, 15-20 mins.



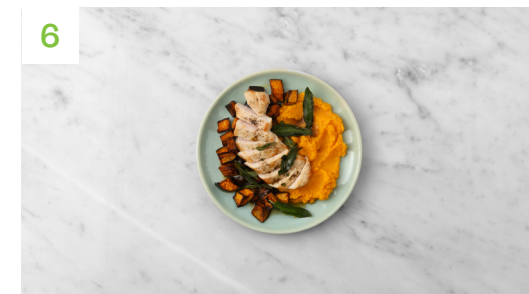
### Make the Mash

- Once the **potatoes** are cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**.
- Mash until smooth. Season with **salt** and **pepper**.



### Fry the Pork

- Place a large pan over medium-high heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat. Pork is cooked when no longer pink in the middle.
- Once hot, fry the **pork** until browned, 2-3 mins on each side.
- Lower heat to medium and cook for an additional 4-6 mins, turning every couple of mins.
- Once cooked, remove from pan, cover with foil and allow to rest.



### Finish and Serve

- Plate up your succulent **pork steaks**.
- Serve **sweet potato** mash and roasted **aubergine** alongside.
- Drizzle any remaining **sage butter** over the **pork**.

Enjoy!