



**Product Spotlight:
Thyme**


To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.




Apple Braised Pork

with

Tender pork collar slow-braised in a tart apple-juice sauce with fresh red apple, carrot, onion, thyme, and Dijon mustard, served with crispy roasted baby potatoes and vibrant green beans.

 30 minutes + 3 hours slow cook

 Pork

 2 servings

Mix it up!

Turn leftovers into pulled pork sandwiches, tacos or a quick pie using the braising liquid.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	44g	41g	83g

FROM YOUR BOX

PORK COLLAR BUTT	400g
BROWN ONION	1
RED APPLE	1
CARROT	1
THYME	1 packet
DIJON MUSTARD	1 small jar
APPLE JUICE	250ml
BABY POTATOES	500g
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, 1 stock cube (of choice), apple cider vinegar

KEY UTENSILS

frypan, slow cooker, oven tray

NOTES

If your slow cooker has a sauté function, sear meat directly in the cooker. You can cook on low heat for 6–8 hours instead if you prefer.

Cut green beans into halves or thirds if desired.

Protein Upsize Option: when adding extra meat, add 1/2 cup water to ensure even cooking.



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1. BROWN THE PORK

Quarter **pork** and coat with **oil, salt and pepper**. Heat a frypan (see notes) over medium-high heat. Add pork and cook for 6–8 minutes, or until browned on each side. Once browned, add to slow cooker.



2. SIMMER THE SLOW COOKER

Wedge **onion** and **apple**, slice **carrot**, remove **thyme leaves** from stems (use to taste). Add to slow cooker as you go along with **mustard, apple juice** and **1 crumbled stock cube**. Cook on high for 3 hours or until **pork** is tender.



3. ROAST BABY POTATOES

When there is 30 minutes left on the slow cooker, set oven to 220°C.

Halve **baby potatoes**. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 25 minutes, or until golden.



4. COOK THE GREEN BEANS

Trim **beans** (see notes). Heat a frypan over medium-high heat with **oil or butter**. Add beans and cook for 2–3 minutes until tender. Season to taste with **salt and pepper**.



5. FINISH AND SERVE

Season **pork** with **1 tbsp apple cider vinegar, salt and pepper**.

Serve **braised pork, roasted potatoes** and **green beans** tableside.

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