



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 apples, carrots, onion, thyme, and Dijon mustard, served with crispy roasted baby potatoes and vibrant green beans.

 30 minutes + 3 hours slow cook  Pork  4/6 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
4/6 Person:	44g	41g	73g

FROM YOUR BOX

	4 PERSON	6 PERSON
PORK COLLAR BUTT	800g	800g + 400g
BROWN ONION	1	2
CARROTS	2	3
RED APPLES	2	3
THYME	1 packet	1 packet
DIJON MUSTARD	2 jars	3 jars
APPLE JUICE	250ml	250ml
BABY POTATOES	1kg	1.5kg
GREEN BEANS	250g	250g + 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.



4. COOK THE GREEN BEANS

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



2. SIMMER THE SLOW COOKER

Wedge **onion** and **apples**, slice **carrots**, remove **thyme leaves** from stems. 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.

6P – add 1/2 cup water.



5. FINISH AND SERVE

Season **pork** with **2 tbsp apple cider vinegar, salt and pepper**.

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

6P – use 3 tbsp apple cider vinegar.



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.

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