



PORK FILLET

with New Potatoes and Tarragon Sauce



HELLO COOKBOOK

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Tarragon



Leek



Pork Medallion



Chicken Stock Pot



New Potatoes



Sour Cream

MEAL BAG

- Hands on: **20** mins
- Total: **30** mins
- 1** of your **5** a day
- Family box

Who remembers 'Medallion Man'? That swaggering 1980s cliché with his shirt unbuttoned, flashy gold jewellery nestling against a copious carpet of chest hair? But medallions can be done tastefully and this dish shows you how. Pork in tarragon sauce is a classic French combination and positively exudes understated elegance. Not a swagger in sight, just pure deliciousness.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Measuring Jug, Large Saucepan, Colander, Frying Pan** and some **Foil**. Now, let's get cooking!



1 DO THE PREP

Boil your kettle. Pick the **tarragon leaves** from their stalks and finely chop (discard the stalks). Remove the root and dark green top from the **leek**, halve lengthways, then slice into thin half moons. Season the **pork** on both sides with a large pinch of **salt** and a good grind of **pepper**. Dissolve the **stock** in a measuring jug with the boiling **water** (see ingredients for amount).



2 BOIL THE POTATOES

Put a large saucepan of **water** with a pinch of **salt** on to boil. Cut the **new potatoes** in half, or quarters if there are any big ones (no need to peel!) and pop them in your pan of boiling **water**. Cook for 15-20 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* Drain the **potatoes** in a colander and set aside.



3 STIR-FRY THE LEEK

Heat a splash of **oil** in a frying pan on high heat. Add the **leek** with a pinch of **salt** and stir-fry until soft, 4-5 mins. Remove the **leek** from the pan once nice and soft, cover with some foil to keep warm.



4 COOK THE PORK

Add a splash of **oil** to your now empty pan and return it to high heat. Once hot, add the **pork** and fry for 2 mins on each side. Next, pour in the **stock** and add the **tarragon**. Stir well to get any **meaty** bits from the base of the pan. Simmer until the liquid has reduced by a third, 6-8 mins. **❗ IMPORTANT:** *The pork is cooked when it is no longer pink in the middle.* Be careful not to over reduce the liquid!



5 MAKE THE SAUCE

Turn the heat to low, add the **sour cream** and stir. **★ TIP:** *Make sure the sauce does not boil as this could curdle the cream.* Allow everything to warm through. Test for seasoning and add more **salt** and **black pepper** if needed.



6 SERVE

Serve the **new potatoes** on a plate with the **leek** scattered over them. Place a **pork medallion** on top and pour over the **tarragon sauce**. **Et voilà!**

2 PEOPLE INGREDIENTS

Tarragon, chopped	¼ bunch
Leek, sliced	2
Pork Medallion	2
Chicken Stock Pot	½
Water*	100ml
New Potatoes, halved	1 small pack
Sour Cream 7)	½ pot

*Not Included

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 536G	PER 100G
Energy (kcal)	399	75
(kJ)	1667	311
Fat (g)	10	2
Sat. Fat (g)	5	1
Carbohydrate (g)	36	7
Sugars (g)	9	2
Protein (g)	43	8
Salt (g)	1.38	0.26

ALLERGENS

7) Milk

Chicken Stock Pot: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.

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

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe or get in touch via: 0207 138 9055 | hello@hellofresh.co.uk

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