HELLO FRESH

Pan-Fried Pork Steak
with Roasted Root Veg and Creamy Tarragon Sauce

Calorie Smart 40 Minutes • 2 of your 5 a day • Under 600 calories

Salad Potatoes

Carrot

Tarragon

Leek

Pork Steak

Chicken Stock Paste

Soured Cream

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Baking Tray, Frying Pan and Bowl.

Ingredients

	2P	3P	4P
Salad Potatoes**	350g	500g	700g
Carrot**	2	3	4
Tarragon	¼ bunch	½ bunch	½ bunch
Leek**	2	3	4
Pork Steak**	2	3	4
Water for the Sauce*	100ml	150ml	200ml
Chicken Stock Paste	10g	15g	20g
Soured Cream 7)**	75g	100g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	608g	100g
Energy (kJ/kcal)	1838 /439	302 /72
Fat (g)	14	2
Sat. Fat (g)	7	1
Carbohydrate (g)	45	7
Sugars (g)	17	3
Protein (g)	37	6
Salt (g)	1.18	0.20

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

1

Get Prepped

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Trim the **carrot**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Pop the **potatoes** and **carrots** on a large, low-sided, wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **TIP:** *Use two baking trays if necessary, you want the potatoes nicely spread out.*

2

Veg Time

Pick the **tarragon leaves** (see ingredients for amount) from their stalks and finely chop (discard the stalks). Remove the root and dark green top from the **leek**. Halve lengthways then thinly slice.

3

Stir-Fry the Leek

Meanwhile, heat a drizzle of **oil** in a frying pan on high heat. Add the **leek** and season with **salt** and **pepper**. Stir-fry until soft, 4-5 mins. Remove the **leek** from the pan to a bowl once nice and soft and keep to one side for now.

4

Cook the Pork

Pop your frying pan back on medium-high heat and add a drizzle of **oil**. Season your **pork** with **salt** and **pepper**. **IMPORTANT:** *Wash your hands and equipment after handling raw meat.* Once the pan is hot, cook your **pork** until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 8 mins, turning every couple of mins. Once cooked, remove to a plate and cover with tin foil to rest. **IMPORTANT:** *The pork is cooked when no longer pink in the middle.*

5

Make the Sauce

Pop your frying pan back on medium heat and add the **leeks**, **water** (see ingredients for amount) and **chicken stock paste**. Bring to the boil and simmer until the liquid has reduced by half, 2-3 mins. Add the **soured cream** and **tarragon**, stir together and cook until everything is nicely combined and piping hot. Season to taste with **salt** and **pepper** if needed. Remove the pan from the heat.

6

Serve

Place the **pork steaks** on your plates and pour the **tarragon sauce** on top. Serve the **potatoes** and **carrots** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.