







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Pan-Fried Pork Medallions with Tarragon and Potatoes

Another tough week of taste testing is over and this time we've been putting our butchers at Roaming Roosters to the test. They've sourced us some succulent pork and we've combined it with a divine tarragon sauce, that'll blow the socks off the people around your dinner table.



30 mins



1.5 of your 5 a day



family box



Tarragon
(1 bunch)



Chicken Stock Pot
(1)



Water
(200ml)



Leek
(4)



Pork Loin Medallion
(600g)



New Potatoes
(2 packs)



Sour Cream
(1 pot)


4 PEOPLE INGREDIENTS

- Tarragon, chopped
- Chicken Stock Pot
- Water
- Leek, sliced

1 bunch
1
200ml
4

- Pork Medallion
- New Potatoes, halved
- Sour Cream

600g
2 packs
1 pot

 Our fruit and veggies may need a little wash before cooking!

Did you know...

In the old days tarragon was used to prevent scurvy!

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	429 kcal / 1805 kJ	13 g	6 g	33 g	7 g	49 g	1 g
Per 100g	86 kcal / 364 kJ	3 g	1 g	7 g	1 g	10 g	0 g

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

2



1 Boil your kettle. Pick the **tarragon leaves** from the sprigs and finely chop them. Dissolve the **chicken stock pot** in a jug with **boiling water** (amount specified in the ingredient list).

2 Cut off the root and green leafy part from the **leek**. Cut in half lengthways, then slice very thinly into half moon shapes. Remove any traces of fat from the **pork medallion**. Season on both sides with a good sprinkle of **salt** and **black pepper**.

3 Boil your kettle again and use the water to fill a large saucepan. Chop the **new potatoes** in half (no need to peel) and add them to the boiling water with a pinch of **salt**. Cook until you can easily slip a knife through (approx 12 mins). Drain and keep to the side.

4 Heat a splash of **oil** in a frying pan on high heat. Stir-fry your **leek** in batches for about 4 mins with a pinch of **salt**. Remove from the pan as soon as it is soft enough to eat and cover to keep warm.

5 In the same pan, add another splash of **oil**. Brown each **medallion** on both sides for 2 mins (turning only once). **Tip:** *If you only have a small pan, cook in batches. By not overcrowding the pan you can brown the pork rather than stew it.*

6 Once your **pork** is brown, pour in your **stock**. Add your **tarragon leaves**. Stir well to get any meaty bits from the bottom of the pan. Simmer gently to reduce the liquid by a third. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

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

8 Serve your **potatoes** on a plate with your **leek** on top. Place your **pork medallions** on top of your **leek** and pour over your **tarragon sauce**. Et voilà!

8



Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!