



Pork Steak and Creamy Peppercorn Sauce

with Roast Potatoes, Green Beans and Broccoli

Calorie Smart Eat Me Early • 35-40 Minutes • 1 of your 5 a day • Under 650 Calories

26



Potatoes



Dried Thyme



Echalion Shallot



Green Beans



Broccoli



Pork Loin Steak



Cracked Black Pepper



Chicken Stock Paste



Creme Fraiche

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, saucepan, frying pan, aluminium foil and colander.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Dried Thyme	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	1
Green Beans**	150g	200g	300g
Broccoli**	½	1	1
Pork Loin Steak**	2	3	4
Cracked Black Pepper	1 sachet	2 sachets	2 sachets
Chicken Stock Paste	10g	15g	20g
Water for the Sauce*	100ml	150ml	200ml
Crème Fraîche** 7)	75g	120g	150g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	2155 / 515	372 / 89
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	49	8
Sugars (g)	7	1
Protein (g)	39	7
Salt (g)	1.10	0.19

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Packed in the UK

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Roast the Potatoes

Preheat your oven to 200°C. Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over the **dried thyme**. Toss to coat, then spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



Start the Sauce

While the **pork** is resting, return your (now empty) frying pan to medium heat with a drizzle of **oil**. Once hot, add the **shallot** and cook until soft, stirring frequently, 3-4 mins. Add the **cracked black pepper**, then stir in the **chicken stock paste** and **water for the sauce** (see ingredients for amount). Allow it to reduce by half, 3-4 mins.



Prep the Veg

Meanwhile, bring a large saucepan of **water** with ½ **tsp salt** to the boil for the **veg**. Halve, peel and thinly slice the **shallot**. Trim the **green beans**. Cut the **broccoli** into **florets** (like little trees), halving any larger ones.



Veg Time

While the **sauce** simmers, add the **broccoli** and **green beans** to the pan of **boiling water** and cook until tender, 4-5 mins. Once cooked, drain in a colander and return to the pan to keep warm. Stir the **crème fraîche** into the **sauce**, bring back to the boil, then remove from the heat. **TIP:** Add a splash of water to loosen if needed.



Fry the Pork

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**. Once hot, add the **pork steaks**. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins. Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.



Finish and Serve

When ready, slice the **pork steaks** widthways and serve on plates with the **veg** and **roast potatoes** alongside. Spoon your **creamy peppercorn sauce** over the **pork**.

Enjoy!

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