










# Pork Steak and Creamy Tarragon Sauce with Leeks, Roasted Potatoes and Carrots

26

Calorie Smart 30-35 Minutes • 2 of your 5 a day • Under 650 Calories



-  Salad Potatoes
-  Carrot
-  Tarragon
-  Leek
-  Pork Steak
-  Chicken Stock Paste
-  Soured Cream

**Pantry Items**  
Oil, Salt, Pepper

## 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, frying pan, bowl and aluminium foil.

## Ingredients

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
Chicken Stock Paste	10g	15g	20g
Soured Cream** 7)	75g	100g	150g

Pantry	2P	3P	4P
Water for the Sauce*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	631g	100g
Energy (kJ/kcal)	1817 /434	288 /69
Fat (g)	13.9	2.2
Sat. Fat (g)	6.6	1.0
Carbohydrate (g)	41.6	6.6
Sugars (g)	13.7	2.2
Protein (g)	37.4	5.9
Salt (g)	1.38	0.22

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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## Contact

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## Get Roasting

Preheat your oven to 220°C/200°C fan/gas mark 7.  
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. Put both on a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. 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, 25-30 mins. Turn halfway through.



## Cook the Pork Steaks

Pop your (now empty) frying pan back on medium-high heat with a drizzle of **oil**. Season the **pork** with **salt** and **pepper**.

Once hot, fry the **pork steaks** until browned, 2-3 mins each side. Reduce to medium heat and fry for 4-6 mins more, turning every couple of mins.

Once cooked, remove to a plate, cover and allow to rest. **IMPORTANT:** *Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.*



## Chop and Slice

Meanwhile, pick the **tarragon leaves** from their stalks and finely chop (see ingredients for amount, discard the stalks).

Trim the root and the dark green leafy part from the **leek**. Halve lengthways, then thinly slice.



## Stir-Fry the Leek

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **leek** and season with **salt** and **pepper**. Stir-fry until softened, 4-6 mins.

Once softened, transfer to a bowl and set aside.



## Make your Tarragon Sauce

Pop the frying pan back on medium heat and add the **cooked leeks**, **chicken stock paste** and **water for the sauce** (see ingredients for amount). Bring to the boil, then simmer until the liquid has reduced by half, 2-3 mins.

Once thickened, stir in the **soured cream** and **tarragon** until piping hot, then remove from the heat. Taste and season with **salt** and **pepper** if needed.



## Slice and Serve

Once rested, slice the **pork** widthways into 2cm pieces and transfer to your plates.

Spoon the **tarragon sauce** over the **pork**, then serve with the **roasted potatoes** and **carrots** alongside.

Enjoy!

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