













# Pork Steaks and Mustard Chive Sauce with Roast Potatoes, Honeyed Carrots and Radishes

Calorie Smart 45 Minutes • 2 of your 5 a day • Under 600 Calories

26



-  Potatoes
-  Carrot
-  Radishes
-  Red Onion
-  Chives
-  Pork Steak
-  Dijon Mustard
-  Chicken Stock
-  Crema Fraiche
-  Honey

Pantry Items  
Water

## 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 and measuring jug.

## Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Carrot**	2	3	4
Radishes**	100g	150g	200g
Red Onion**	1	1	2
Chives**	1 bunch	1 bunch	1 bunch
Pork Steak**	2	3	4
Water for the Sauce*	75ml	100ml	150ml
Dijon Mustard 9) 14)	15g	15g	15g
Chicken Stock	1 pot	1 pot	2 pots
Creme Fraiche** 7)	75g	100g	150g
Honey	1 sachet	1½ sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	614g	100g
Energy (kJ/kcal)	2297 /549	374 /89
Fat (g)	19	3
Sat. Fat (g)	10	2
Carbohydrate (g)	62	10
Sugars (g)	20	3
Protein (g)	37	6
Salt (g)	2.29	0.37

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

## Allergens

7) Milk 9) Mustard 14) Sulphites

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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## 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 toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary. When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Cook 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** to the pan. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 6-8 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.



## Bring on the Root Veg

Meanwhile, trim the **carrots** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Trim and halve the **radishes**. Pop the **carrots** and **radishes** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. Roast on the top shelf of your oven until golden and tender, 20-25 mins. Turn halfway through.



## Make the Sauce

While the **pork** rests, pop your (now empty) pan back on medium heat with a drizzle of **oil**. When hot, add the **onion** and cook until softened, 4-5 mins. Stir in the the **water for the sauce** (see ingredients for amount), **mustard** and **chicken stock paste**, then bring to the boil. Simmer until reduced by half, 2-3 mins. Stir through the **creme fraiche** and **half** the **chives**, bring back to the boil, then remove from the heat.



## Finish the Prep

While everything cooks, halve, peel and chop the **red onion** into small pieces. Roughly chop the **chives** (use scissors it easier).



## Finish and Serve

Once your **veggies** are roasted, drizzle the **honey** over the **carrots** and **radishes**, then stir to coat. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. Slice the **pork steaks** widthways, then serve on plates with the **honeyed veg** and **roast potatoes** alongside. Spoon over the **sauce** and finish with a sprinkle of the remaining **chives**.

Enjoy!

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