



Creamy Tarragon Pork

with Buttery Leek



Cook your veg, pork and sauce all in one pan



Carrot



Green Beans



Leek



Tarragon



Chicken Stock



Sour Cream



Pork Loin

Hands-on: **35 mins**
Ready in: **40 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

We've combined these succulent pork steaks with a divine tarragon sauce that'll blow the socks off the people around your dinner table. The trick here is to make sure your pork isn't overcooked – we like to leave it just ever so slightly pink in the middle to enjoy all the juicy deliciousness!

Pantry Staples: Olive Oil, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, large frying pan, medium bowl, small bowl, tongs, wooden spoon** and **foil**.



1 GET PREPPED

Cut the **carrot** (unpeeled) into 0.5cm thick discs. Trim the **green beans**. Thinly slice the **leek**. Pick and finely chop the **tarragon** leaves.

TIP: Tarragon has a mild aniseed flavour, use less if you're not a fan.



2 COOK THE VEGGIES

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **carrot** and cook, stirring, for **3 minutes**, or until starting to soften. Add the **green beans** and continue to cook for **2 minutes**, or until just tender. Season with a **pinch** of **salt** and **pepper**. Transfer to a medium bowl and cover with foil to keep warm.



3 COOK THE LEEK

Return the frying pan to a medium-high heat and add a drizzle of **olive oil** and the **butter**. Add the **leek** and cook, stirring, for **5-6 minutes**, or until softened. Season to taste with a **pinch** of **salt** and **pepper**. Transfer to a small bowl and cover with foil to keep warm.



4 COOK THE PORK

Return the frying pan to a medium-high heat and add a **drizzle** of **olive oil**. Season the **pork loin** steaks with **salt** and **pepper** and cook for **2-4 minutes** on each side (depending on thickness), or until cooked through.

TIP: It's okay to serve pork slightly blushing pink inside. Transfer to a plate and cover with foil. Let rest for a **few minutes**.



5 MAKE THE TARRAGON SAUCE

Return the frying pan to a medium-high heat and add the **tarragon** and **hot water** (see ingredients list). Crumble in the **chicken stock** cube and stir to dissolve, scraping off any bits stuck to the bottom of the pan. Reduce the heat to medium-low and simmer for **2 minutes**, or until slightly reduced. Remove from the heat, add the **sour cream** (see ingredients list) and stir until combined.

TIP: Stir constantly so the mixture stays smooth. Return to a low heat for **1 minute** and stir until warmed through. Season to taste with a **pinch** of **salt**.



6 SERVE UP

Divide the pork, veggies and buttery leek between plates. Drizzle the creamy tarragon sauce over the pork and veggies.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
carrot	1	2
green beans	1 bag (200 g)	1 bag (400 g)
leek	1	2
tarragon	1 bunch	1 bunch
butter*	20 g	40 g
hot water*	½ cup	¾ cup
chicken stock	1 cube	2 cubes
sour cream	½ tub (125 mL)	1 tub (250 mL)
pork loin	1 packet	1 packet

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1930kJ (461Cal)	449kJ (107Cal)
Protein (g)	42.5g	9.9g
Fat, total (g)	26.4g	6.2g
- saturated (g)	14.7g	3.4g
Carbohydrate (g)	11.0g	2.6g
- sugars (g)	9.0g	2.1g
Sodium (g)	183mg	42mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

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