

Creamy Tarragon Pork with Buttery Leek



in the middle to enjoy all the juicy deliciousness!

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



Cook your veg, pork and sauce all in one pan





Green Beans





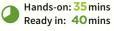




Chicken Stock



Pantry Staples: Olive Oil, Butter







Not suitable for Coeliacs

BEFORE YOU = STAR

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.



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.



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.



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.



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

INGREDIENTS

refer to

method

1

1

1 bag

1 bunch

20 g

⅓ cup

1 cube

½ tub

(125 mL)

1 packet

olive oil'

carrot

leek

tarragon

hot water*

chicken stock

sour cream

*Pantry Items

pork loin

butter*

green beans

refer to

method

(400 g)

1 bunch

40 g

⅔ cup

2 cubes

(250 mL)

1 packet

1 tub

2 1 bag

2

For allergens and ingredient information, visit HelloFresh.com.au/foodinfo



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**.



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.



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

Enjoy!

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