



Pork in Mustard Sauce with roast potatoes and carrots

55-60 mins

1



Pork Loin Steak



Carrot



Garlic



Mustard



Chicken Stock



Creme Fraiche



Potatoes



Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Carrot	2 units	4 units
Garlic	2 units	4 units
Mustard	2 sachets	4 sachets
Chicken Stock	1 sachet	2 sachets
Crema Fraiche	125 g	250 g
Potatoes	3 units	6 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	686.5 g	100 g
Energy (kJ/kcal)	3359.8 kJ/ 720 kcal	439 kJ/ 105 kcal
Fat (g)	26.7 g	3.9 g
Sat. Fat (g)	11.6 g	1.7 g
Carbohydrate (g)	80 g	11.5 g
Sugars (g)	13 g	1.9 g
Protein (g)	40.1 g	5.8 g
Salt (g)	3.4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Roast the Potatoes

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm chunks (no need to peel).
- Pop the **potato** chunks onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Fry the Pork

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once the **oil** is hot, add the **pork steaks**.
- Fry until browned, 2-3 mins on each side.
- Reduce the heat to medium and fry for 4-6 mins more, turning every 2 mins.
- Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT:** Pork is cooked when no longer pink in the middle.



Get Prepped

- Peel and grate the **garlic** (or use a garlic press).
- Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Trim the **carrots** then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.



Make the Sauce

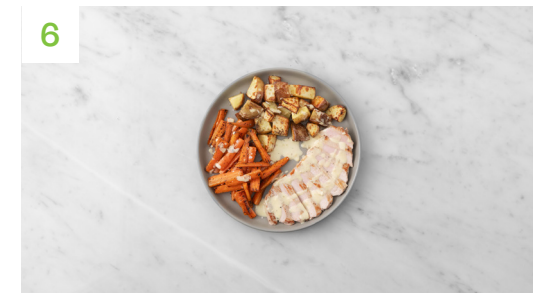
- Return the (now empty) pan to medium-high heat.
- Drizzle in some **oil** and fry the **garlic** for 1 min.
- Add **mustard**, **stock powder** and **creme fraiche** for the sauce.
- Bring to the boil and simmer until thickened, 3-4 mins.
- Season to taste with **salt** and **pepper** and add a splash of **water** if needed.



Cook the Carrots

- Pop the **carrots** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- Roast on the middle shelf of the oven until tender, 20-25 mins. Turn halfway through.

TIP: Keep an eye on them so they don't burn!



Finish and Serve

- When everything is cooked, thinly slice the **pork** widthways and divide between plates.
- Serve the **potatoes** and **carrots** alongside.
- To finish, spoon over the creamy **mustard** sauce.

Enjoy!