



Everything
But The Chef

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WK24
2015



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Pork with Leek & Mustard Sauce

The leek is the Welsh national symbol, and all we can say is 'lucky Wales'! If there is one thing we know for sure about leeks, it's that they are absolutely delicious. The sweetness of these creamy leeks goes perfectly with a prime cut of pork. So dig in, like a Welshman at his local.



Prep: 5 mins

Cook: 20 mins

Total: 25 mins



level 1



pantry
items



Chat Potatoes



Pork Loin Steak



Leek



Vegetable Stock Powder



Tarragon

2P	4P	Ingredients
450 g	900 g	chat potatoes, quartered (skin on)
2 fillets	4 fillets	pork loin steak
1 tbs	2 tbs	olive oil*
1 tbs	2 tbs	butter*
1	2	leek, finely sliced A
2 tsp	1 tbs	flour*
1½ tbs	3 tbs	Dijon mustard*
1 tsp	2 tsp	HelloFresh Vegetable Stock Powder
1½ cups	3 cups	water*
1 tbs	2 tbs	tarragon, finely chopped B

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2030	Kj
Protein	31.5	g
Fat, total	23	g
-saturated	8.8	g
Carbohydrate	35.7	g
-sugars	3.1	g
Sodium	884	mg

Measuretool

0 cm	1 cm	2 cm



1 In a large pot, add the **potatoes** and enough water to cover them, place on a high heat, bring to the boil and cover. Cook for **10 minutes** or until the potatoes can be pierced easily with a knife. Drain.



2 Season the **pork loin steaks** on both sides with **salt** and **pepper**. Heat the **olive oil** in a frying pan over a medium-high heat, add the pork and cook for **3 minutes** on each side or until cooked to your liking. Remove from the heat, rest on a plate and cover with foil.

3 In the same frying pan, melt the **butter** over a medium heat, then add the **leek** and sauté for **2-3 minutes**, or until softened. Add the **flour** and cook for **30 seconds**, then add the **Dijon mustard**, **HelloFresh Vegetable Stock Powder**, and **water**. Stir until smooth and slightly thickened. Stir through the **tarragon** and season to taste with salt and pepper.



4 To serve, divide the potatoes between plates. Top with the pork fillets and spoon over the leek and mustard sauce. Dig in!



Did you know? Tarragon originated from Persia where it was referred to as “turkhum” meaning “little dragon”.