




Cooking Made Easy

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Pan-Fried Pork Medallions, Tarragon & Potatoes

Another tough week of taste testing is over and this time we've been putting our Smithfield butcher Tom Hixson to the test. He's sourced us the most succulent pork fillets going and we've combined them with a divine tarragon sauce that'll blow the socks off the people round 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!

 40 min

 gluten free



New Potatoes



Tarragon



Chicken Stock Pot



Leek



Pork Fillet



Sour Cream

Ingredients

	2P	4P
New Potatoes, halved	1 pack	2 packs
Tarragon, chopped	1 sprig	2 sprigs
Chicken Stock Pot	½	1
Leek, shredded	1½	3
Pork Fillet	1	1
Sour Cream 1	2 tbsp	4 tbsp

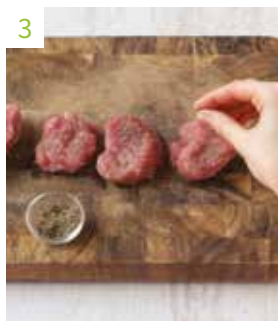
🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Milk

Nutrition per serving: Calories: 537 kcal | Protein: 37 g | Carbs: 38 g | Fat: 25 g | Saturated Fat: 13 g



1 Boil the kettle and use the water to fill a large saucepan. Chop your potatoes in half and add them to the boiling water with ¼ tsp of salt. Cook until you can easily slip a knife through them (approx 12 mins). Drain and keep to the side.

Cook in batches if necessary if you only have a small pan. By not overcrowding the pan you can brown the pork rather than stew it.



2 Pick the tarragon leaves from the sprig and finely chop them. Mix 200ml of boiling water with the chicken stock. **Tip:** You can steal a bit of water from your potato pan to save time.

6 Once the meat is brown, pour in the stock. Add the chopped tarragon leaves. Stir well to get any meaty bits from the bottom of the pan. Simmer gently to reduce the liquid by a third.



3 Cut the leek in half lengthways then cut very thinly widthways (i.e. shred it). Remove any traces of fat from the pork fillet. Slice the pork into medallions approx 2cm thick. Season on both sides with a good sprinkle of salt and pepper.

7 Turn heat to low, add the sour cream and stir. **Tip:** Make sure the sauce does not boil as this could curdle your sour cream. Allow everything to warm through for a few minutes. Test for seasoning and add more salt and pepper if needed.



4 Heat 1 tbsp of oil over a high heat in a large frying pan. Stir fry the leek in batches for about 4 mins with ¼ tsp salt. Remove from the pan as soon as they are soft enough to eat.

8 Serve your potatoes onto a plate with the leeks on top. Place the pork medallions on top of the leeks and pour over the sauce. Et voila!

5 In the same pan, add 1 more tbsp of oil. Brown the medallions on both sides for a couple of minutes (turning only once). **Tip:**

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!