



More Than Food
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Pan Fried Pork Medallions with Tarragon and Potatoes

Another tough week of taste testing is over and this time we've been putting our butchers at Roaming Roosters to the test. They've sourced us some succulent pork fillets and we've combined them with a divine tarragon sauce, that'll blow the socks off the people round your dinner table.

 30 mins

 healthy

 gluten free



Tarragon (1 sprig)



Chicken Stock Pot (½)



Leek (2)



Pork Loin Medallion (2)



New Potatoes (1 pack)



Sour Cream (½ pot)

Ingredients

2 PEOPLE ALLERGENS

Tarragon, chopped	1 sprig	
Chicken Stock Pot	½	
Leek, shredded	2	
Pork Loin Medallion	2	
New Potatoes, chopped	1 pack	
Sour Cream	½ pot	Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Tarragon was once used to prevent scurvy!

Nutrition per serving: Calories: 488 kcal | Protein: 41 g | Carbs: 42 g | Fat: 18 g | Saturated Fat: 9 g



1 Pick the **tarragon** leaves from the sprig and finely chop them. Mix 100ml of boiling **water** with the **chicken stock pot**.



2 Cut the **leeks** in half lengthways then slice very thinly widthways (i.e. shred them). Slice each **pork** into two medallions. Season on both sides with a good sprinkle of **salt** and **pepper**.



3 Boil your kettle and use the **water** to fill a large saucepan. Chop the **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.



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

5 In the same pan, add 1 more tbsp of **oil**. Brown the medallions on both sides for 2 mins (turning only once). **Tip:** *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.*

6 Once your **pork** is brown, pour in your stock. Add your 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.

7 Turn the 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 mins. Test for seasoning and add more **salt** and **pepper** if needed.

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