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## Mustard and Herb Crusted Pork with Roasted New Potatoes and Purple Sprouting Broccoli

Mmmm ... herbs are truly the saviour of flavour. This crusted pork is enticingly easy and delicious - so much so that you'll be smacking hands away from your plate throughout dinner. Once you've managed to fight off the quick eaters who've finished but can't get enough of this - dig in and enjoy!

40 mins

family box

1 of your 5 a day



New Potatoes (2 packs)



Flat Leaf Parsley (1 bunch)



Oregano (1 bunch)



Pork Fillet (1)



Dijon Mustard (3 tbsp)




Panko Breadcrumbs (4 tbsp)



Purple Sprouting Broccoli (2 packs)

## 4 PEOPLE INGREDIENTS

- New Potatoes, quartered **2 packs**
- Flat Leaf Parsley, chopped **1 bunch**
- Oregano, chopped **1 bunch**
- Pork Fillet **1**
- Dijon Mustard **3 tbsps**
- Panko Breadcrumbs **4 tbsps**
- Purple Sprouting Broccoli **2 packs**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

Queen Victoria loved mustard so much that she had her own private mustard maker!

**Allergens:** Mustard, Gluten.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	638 kcal / 2677 kJ	32 g	9 g	41 g	3 g	47 g	1 g
<b>Per 100g</b>	187 kcal / 786 kJ	10 g	3 g	12 g	1 g	14 g	0 g

1



**1** Pre-heat your oven to 200 degrees. Chop the **new potatoes** into quarters, finely chop the **parsley** (discard the stalks), pull the **oregano** leaves off their stalks and roughly chop them too. Put your **potatoes** on a baking tray, drizzle over enough **oil** until your **potatoes** are coated, add a good pinch of **salt** and put in your oven to roast for 25-30 mins, until crispy.

2



**2** In the meantime, coat the **pork** with the **mustard** (not so it's drowning in mustard, but don't be too stingy!), using either a pastry brush or the back of a spoon until fully coated. **Tip:** *Make sure you leave a bit of mustard to serve with your pork at the end.*

3



**3** Mix together the **breadcrumbs**, **parsley**, half your **oregano**, a good glug of **oil**, a pinch of **salt** and a really good grind of **black pepper**. Tip this **breadcrumb mixture** onto your chopping board and roll your **mustardy pork fillet** gently in it, until evenly coated. **Tip:** *Remember to wash your hands after handling raw meat!*

6



**4** Place your **pork** on a lightly **oiled** baking tray and pop in your oven to cook for 20-25 mins, then remove from your oven and allow to rest for 5 mins. **Tip:** *The pork is cooked when no longer pink in the middle.*

**5** While your **pork** and **potatoes** are cooking, tackle the **broccoli**. Chop the **broccoli** stems in half lengthways.

**6** About 5 mins before your **pork** and **potatoes** are ready, add a drizzle of **oil** to a large frying pan on medium heat. Add your **broccoli** to the pan along with your remaining **oregano**, sprinkle over a pinch of **salt** and a good grind of **pepper** and throw in a splash of **water** (about 1 tbsp per person). Put the lid on and cook for 3-4 mins, then remove from the heat.

**7** Cut your **pork** into slices about 1cm thick and serve with your **potatoes**, **broccoli** and a small dollop of **mustard** if you have any left. Enjoy!

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