







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 and we've combined it with a divine tarragon sauce that'll blow the socks off the people round your dinner table.

 30 mins

 family box

 healthy

 1½ of your 5 a day



Tarragon (½ bunch)



Chicken Stock Pot (1)



Boiling Water (200ml)



Leek (4)



Pork Loin Medallion (600g)



New Potatoes (2 packs)



Sour Cream (1 pot)

4 PEOPLE INGREDIENTS

- Tarragon, chopped **½ bunch**
- Chicken Stock Pot **1**
- Boiling Water **200ml**
- Leek, shredded **4**
- Pork Loin Medallion **600g**
- New Potatoes, halved **2 packs**
- Sour Cream **1 pot**

Allergens: Milk.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	522 kcal / 2182 kJ	27 g	11 g	33 g	7 g	39 g	1 g
Per 100g	110 kcal / 461 kJ	6 g	2 g	7 g	2 g	8 g	0 g

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

Did you know...

In the old days tarragon was used to prevent scurvy!

Chicken Stock Pot Ingredients: Water, Yeast Extract, Salt, Sugar, Stabiliser: Tara Gum, Dried Chicken, Natural Flavouring, Onion Juice, Ground Turmeric, Ground Sage, Ground White Pepper, Antioxidant: Rosemary Extract.



1 Pick the **tarragon leaves** from the sprigs and finely chop them. Dissolve the **chicken stock pot** in the boiling **water** (as specified in the ingredient list).



2 Cut the **leek** in half lengthways then cut very thinly widthways (i.e. shred it). Remove any traces of fat from the **pork medallion**. 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 a pinch of **salt**. Cook until you can easily slip a knife through them (approx 12 mins). Drain and keep to the side.

4 Heat a splash of **oil** in a large frying pan over high heat. Stir-fry your **leek** in batches for about 4 mins with a pinch of **salt**. Remove from the pan as soon as it is soft enough to eat and cover to keep warm.

5 In the same pan, add another splash of **oil**. Brown each **medallion** 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 the **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. **Tip:** *Your pork is cooked when no longer pink in the middle.* Test for seasoning and add more **salt** and **pepper** if needed.

8 Serve your **potatoes** onto a plate with your **leek** on top. Place your **pork medallion** on top of your **leek** and pour over your **sauce**. Et voila!



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