



# Pork Steak and Mustard Tarragon Sauce with Roast Potatoes, Carrots and Radishes

Calorie Smart 40-45 Minutes • 2 of your 5 a day • Under 650 Calories

26



-  Potatoes
-  Carrot
-  Radishes
-  Echalion Shallot
-  Tarragon
-  Pork Steak
-  Wholegrain Mustard
-  Chicken Stock Paste
-  Creme Fraiche

Pantry Items  
Honey

## Before you start

Our fruit and veggies need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan and aluminium foil.

## Ingredients

|                       | 2P      | 3P      | 4P      |
|-----------------------|---------|---------|---------|
| Potatoes**            | 450g    | 700g    | 900g    |
| Carrot**              | 2       | 3       | 4       |
| Radishes**            | 100g    | 150g    | 200g    |
| Echalion Shallot**    | 1       | 1       | 2       |
| Tarragon**            | ½ bunch | ¾ bunch | 1 bunch |
| Pork Steak**          | 2       | 3       | 4       |
| Water for the Sauce*  | 75ml    | 100ml   | 150ml   |
| Wholegrain Mustard 9) | 8g      | 12g     | 17g     |
| Chicken Stock Paste   | 10g     | 15g     | 20g     |
| Creme Fraiche** 7)    | 75g     | 120g    | 150g    |
| Honey*                | 1 tbsp  | 2 tbsp  | 2 tbsp  |

\*Not Included \*\*Store in the Fridge

## Nutrition

|                         | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 582g        | 100g     |
| Energy (kJ/kcal)        | 2223 /531   | 382 /91  |
| Fat (g)                 | 19.0        | 3.3      |
| Sat. Fat (g)            | 9.6         | 1.7      |
| Carbohydrate (g)        | 57.5        | 9.9      |
| Sugars (g)              | 17.2        | 3.0      |
| Protein (g)             | 36.3        | 6.2      |
| Salt (g)                | 1.33        | 0.23     |

Nutrition for uncooked ingredients based on 2 person recipe.  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

7) Milk 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Contact

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## Roast the Potatoes

Preheat your oven to 200°C.

Chop the **potatoes** into 2cm chunks (no need to peel). Pop the **chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the middle shelf until golden, 30-40 mins. Turn halfway through.



## Cook the Pork

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Season the **pork** with **salt** and **pepper**.

Once hot, add the **pork steaks** to the pan. Cook until browned, 2-3 mins on each side. Reduce the heat to medium and fry for an additional 4-6 mins, turning every couple of mins.

Once cooked, remove to a plate and cover with another plate or foil to rest. **IMPORTANT: Wash your hands and equipment after handling raw meat. The pork is cooked when no longer pink in the middle.**

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## Bring on the Root Veg

Meanwhile, trim and halve the **carrots** lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons. Trim and halve the **radishes**.

Pop the **carrots** and **radishes** onto another large baking tray. Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.

Roast on the top shelf of your oven until golden and tender, 20-25 mins. Turn halfway through.



## Make the Sauce

While the **pork** rests, pop your (now empty) pan back on medium heat with a drizzle of **oil**. When hot, add the **shallot** and cook until softened, 3-4 mins.

Stir in the the **water for the sauce** (see ingredients for amount), **mustard** and **chicken stock paste**, then bring to the boil. Simmer until reduced by half, 2-3 mins.

Stir through the **creme fraiche** and **half the tarragon**, bring back to the boil, then remove from the heat.



## Finish the Prep

While everything cooks, halve, peel and thinly slice the **shallot**.

Pick the **tarragon leaves** from their stalks and roughly chop (discard the stalks).



## Finish and Serve

Once roasted, drizzle the **honey** (see ingredients for amount) over the **carrots** and **radishes**, then stir to coat. **TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min.**

Slice the **pork steaks** widthways, then serve on plates with the **honeyed veg** and **roast potatoes** alongside.

Spoon over the **sauce** and finish with a sprinkle of the remaining **tarragon**.

## Enjoy!