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## Roasted Pork Medallions with Sweet Potato Mash and Peppercorn Sauce

We've taken the best Pork Medallion we could lay our hands on and teamed it with super nutritious sweet potato mash and broccoli. The easy to make and super tasty peppercorn sauce makes this dish extra special.

 40 mins

 2 of your 5 a day

 mealkit

 family box



Pork Medallion  
(4)



Sweet Potato  
(2)



Broccoli  
(2)



Black Peppercorns  
(1 tsp)



Crème Fraîche  
(1 pot)



Water  
(300ml)




Beef Stock Pot  
(1)

## 4 PEOPLE INGREDIENTS

- Pork Medallion **4**
- Sweet Potato, chopped **2**
- Broccoli, florets **2**
- Black Peppercorns **1 tsp**

- Crème Fraîche
- Water
- Beef Stock Pot

**1 pot**  
**300ml**  
**1**

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

### Did you know...

During the Middle Ages, peppercorns were worth more than silver in weight.

**Allergens:** Milk.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	504 kcal / 2130 kJ	10 g	5 g	46 g	17 g	54 g	2 g
<b>Per 100g</b>	90 kcal / 381 kJ	2 g	1 g	8 g	3 g	10 g	0 g

**Beef Stock Pot Ingredients:** Water, Yeast Extract, Flavourings, Salt, Glucose, Sugar, Beef Jus (2%), Stabiliser (Tara Gum), Onion Juice, Ground Bay, Ground Black Pepper.



**1** Take the **pork** out of your fridge to come to room temperature. Boil a large pot of water with pinch of **salt** and preheat your oven to 180 degrees. Peel the **sweet potato** and chop into roughly 2cm cubes. Separate the **broccoli** florets from the stalk (you can also peel, chop and cook the stalk!). Crush the **black peppercorns** in a pestle and mortar. **Tip:** *If you don't have a pestle and mortar you can put them in clingfilm and whack them with a pan.*



**2** Meanwhile, cover your **pork** with a good pinch of **salt** and **black pepper**. Heat a splash of **oil** in a frying pan on medium-high heat. Once the **oil** is hot add your **pork** and cook for a couple of mins on each side until it is nicely browned.



**3** Transfer your **pork** to a baking tray and pop on the top shelf of your oven for 15-20 mins. **Tip:** *Do not wash up your frying pan as we'll use it to make your sauce tastier later.* Once cooked, take your **pork** out of your oven and leave it to rest for a few mins. **Tip:** *The pork is cooked when it is no longer pink in the middle.*



**4** Boil your **sweet potato** for around 10-15 mins or until soft. Lift your **sweet potato** from the water once done and keep the water for your broccoli. Mash your **sweet potato** in another pot with a good pinch of **salt** and **black pepper**. Stir through a knob of **butter** (if you have some) or a tbsp of **crème fraîche**.

**5** Cook your **broccoli** in the water left over from your sweet potato (if you need to top it up a little bit that's ok). Cook for a few mins and then remove from the water (but save some water for your sauce!).

**6** To make the **sauce** put your now empty frying pan back on medium-high heat. Once it gets hot add the **water** (amount specified in the ingredient list) from your **broccoli** (you can scoop it out if the broccoli is still cooking) and stir in half the **beef stock pot** and your **black peppercorns**. Once your **peppercorn sauce** reduces by half, take it from the heat and let it cool for 2 mins. Stir through the **crème fraîche**.

**7** Slice your **pork** and serve straight away with your **broccoli**, **sweet potato mash** and **peppercorn sauce**. YUM!

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