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## Rosemary Pork Medallions with Roasted Cauliflower and Watercress

Christmas feasts can sometimes feel like Groundhog Day, with the same recipes repeated year after year. Cauliflower cheese is a great side for a Christmas roast, but in this recipe André has given it a modern twist that will add new flavour and flair to your festive menu. Enjoy!

 40 mins

 3.5 of your 5 a day

 mealkit

 super spicy



Baking Potato  
(1)



Rosemary  
(2 sprigs)



Pork Medallion  
(2)



Cauliflower  
(1/2)



Raisins  
(40g)



Red Wine Vinegar  
(1 tbsp)



Dijon Mustard  
(1/2 tsp)



Honey  
(1 tbsp)



Olive Oil  
(3 tbsp)



Cheddar Cheese  
(30g)




Watercress  
(1 bag)

## 2 PEOPLE INGREDIENTS

- Baking Potato, chopped
- Rosemary, chopped
- Pork Medallion
- Cauliflower, florets
- Raisins
- Red Wine Vinegar

- 1
- 2 sprigs
- 2
- ½
- 40g
- 1 tsp

- Dijon Mustard
- Honey
- Olive Oil
- Cheddar Cheese
- Watercress
- ½ tsp
- 1 tbsp
- 3 tbsp
- 30g
- 1 bag

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

### Did you know...

Watercress belongs to the brassica family of vegetables, the same as nutritionally rich broccoli, cauliflower, cabbage and rocket.

**Allergens:** Milk, Mustard, Sulphites.

**Nutrition as per prepared and listed ingredients**

|             | Energy             | Fat  | Sat. Fat | Carbohydrate | Sugars | Protein | Salt |
|-------------|--------------------|------|----------|--------------|--------|---------|------|
| Per serving | 677 kcal / 2843 kJ | 29 g | 8 g      | 52 g         | 26 g   | 54 g    | 1 g  |
| Per 100g    | 121 kcal / 509 kJ  | 5 g  | 1 g      | 9 g          | 5 g    | 10 g    | 0 g  |

**Dijon Mustard:** Water, Mustard Seeds (30%), Spirit Vinegar, Salt, Acidity Regulator: Citric Acid.

2



**1** Preheat your oven to 210 degrees. Cut the **potato** in half lengthways (no need to peel) and then chop each half into wedges the size of your index finger. Pop your **wedges** on a baking tray, drizzle with **oil** and season with a pinch of **salt** and a good grind of **black pepper**. Toss and then roast in your oven on the top shelf for 30 mins. Turn after 15 mins to make sure they cook evenly.

3



**2** Strip the **rosemary leaves** from their stalks and finely chop (discard the stalks). In a large bowl, mix your **rosemary** with a glug of **oil** and a good pinch of **salt** and **pepper**. Add the **pork medallions** and stir well to coat them. Keep to one side, allowing the flavours to infuse.

**3** Cut the green leafy bits off the **cauliflower** and then cut it into **florets** (small trees). Pop your **florets** on another baking tray, season with **salt**, drizzle over some **oil** and then roast on the middle shelf of your oven for 20-25 mins, until golden and charred at the edges.

5



**4** While your cauliflower and potato are roasting, heat a large frying pan over a high heat and add a splash of **oil**. Fry your **pork** for 5-6 mins on each side until cooked through. **Tip:** *The pork is cooked when it is no longer pink in the middle.*

**5** Whilst your pork is cooking, make a dressing. Pop the **raisins** in a bowl and add the **red wine vinegar** and the **Dijon mustard** (amount specified in the ingredient list). **Tip:** *Be careful the mustard is hot! Start with a little and add more later if you feel the dressing needs it!*

8



**6** Mix in the **honey** and the **olive oil** (amount specified in the ingredient list) and then add a pinch of **salt**. Keep to one side, we will dress your cauliflower with it later. Crumble the **cheddar cheese**.

**7** When your **pork** is cooked, remove it from the pan and leave to rest on a chopping board for 2 mins.

**8** When your **cauliflower** is ready, remove from your oven and toss it in your dressing. Divide the **watercress** between your plates. Nestle your **wedges** amongst the **watercress** and then top with your **roasted cauliflower**. Slice your **pork** into five slices and place in the centre of your plates. Drizzle over any remaining **dressing** and finish with your **cheese**. Enjoy!

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