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WK08  
2017



## Pork Steaks with Tarragon Sauce & Buttery Leek

We've combined these succulent pork steaks with a divine tarragon sauce that'll blow the socks off the people round your dinner table. The trick here is to make sure your pork isn't overcooked – we like to leave it just ever so slightly pink in the middle to enjoy all the juicy deliciousness!



**Prep:** 10 mins



**Cook:** 30 mins



**Total:** 40 mins



level 1



high  
protein

### Pantry Items



Olive Oil



Butter



Hot Water



Potatoes



Snow Peas



Leek



Pork Loin Steaks



Chicken Stock



Tarragon





Lite Sour  
Cream

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & quartered
1 bag	2 bags	snow peas
2 tsp	1 tbs	olive oil*
1 tsp	2 tsp	butter*
1	2	leek, finely sliced
2	4	pork loin steaks
⅓ cup	⅔ cup	hot water*
1 cube	2 cubes	chicken stock, crumbled
1 bunch	2 bunches	tarragon, finely chopped
½ tub	1 tub	lite sour cream

-  Ingredient features in another recipe
- \* Pantry Items
-  Pre-preparation

Nutrition per serve		
Energy	2060	Kj
Protein	49.5	g
Fat, total	17.2	g
-saturated	8.4	g
Carbohydrate	31.8	g
-sugars	5.5	g
Sodium	129	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, box grater, large saucepan, sieve, small bowl, aluminium foil, medium bowl and tongs.*

**1** Place the **potato** in a large saucepan and cover with water. Bring to the boil and then simmer for **20 minutes**, or until tender when pierced with a fork. Add the **snow peas** in the last **2 minutes**. Drain. Return the potato and peas to the saucepan and drizzle with a dash of **olive oil**. Season with **salt** and **pepper**. Toss to coat the vegetables. Set aside, covered.

**2** Meanwhile, heat the olive oil and **butter** in a medium frying pan over a medium-high heat. Add the **leek** and cook, stirring, for **5-6 minutes**, or until softened. Season with salt and pepper. Transfer to a small bowl and cover with foil to keep warm.

**3** Place the same frying pan back over a medium-heat. Season the **pork loin steaks** with salt and pepper and cook for **3-4 minutes** on each side or until browned. Remove the pork from the pan and set aside. On a plate, cover with foil to rest.

**4** Place the pan back over the heat. Combine the **hot water** and the crumbled **chicken stock cube**. Add to the pan with the **tarragon**. Stir with a wooden spoon, scraping off any meaty bits stuck to the bottom of the pan. Reduce heat to medium-low and simmer until liquid reduces by a third. Reduce the heat to low and stir in the **lite sour cream** until well combined. Season to taste with salt and pepper.

**5** To serve, divide the potato and snow peas between plates. Spoon the leek beside the potato, top with the pork steaks and drizzle with tarragon sauce.