



Pork Steak


with Creamy Mash and Peppercorn Sauce


Sage is always seen as the traditional herb to accompany pork but rosemary works beautifully too. Tonight's dinner combines these two complimentary flavours with creamy masha and a piquant peppercorn sauce. Delicious!


tags: Spicy


Preparation Time 35 minutes
Difficulty level Level 2


Ingredients / serving 4 people


- 


2 pack(s)
Red Potato
- 


2 unit(s)
Broccoli
- 


2 unit(s)
Echalion Shallot
- 

4 unit(s)
Pork Chops
- 

4 sprig(s)
Rosemary
- 

2 tsp
Black Peppercorns
- 

200 milliliter(s)
Water
- 

1 unit(s)
Chicken Stock Pot
- 

1 pot(s)
Crème Fraîche
(Contains **Milk**)

Nutritional information

	per serving	per 100g
Energy (kJ)		2414 kJ
Energy (kcal)		577 kcal
Fat		22 g
of which saturates		11 g
Carbohydrate		56 g
of which sugars		10 g
Protein		41 g
Salt		1 g

Utensils

- Large Pan
- Strainer
- Baking Tray
- Frying Pan
- Plate
- Potato Masher

Instructions



1

Preheat your oven to 200°C. Put two Large Saucepans of water with a pinch of salt on to boil for the potato and broccoli (one with a Lid or some Foil). Peel the potato and chop into roughly 2cm cubes. Separate the broccoli into florets (mini trees). Halve, peel and finely chop the shallot



2

Pop the potato into one of your pans of boiling water with a pinch of salt for 15-20 mins. TIP: The potato is cooked when you. Drain in a colander then return to the saucepan, off the heat, with the lid on (or cover it with some foil).



3

Rub a little olive oil into each pork loin steak and season with a pinch of salt and a grind of black pepper. Put a frying pan on high heat. When hot, fry the pork for 1-2 mins on each side. Transfer to a baking tray, top with the rosemary sprigs and cook on the top shelf of your oven for 10 mins. TIP: The pork is cooked when it is no longer pink in the middle. Remove from the oven, cover with foil and set aside to rest.



4

Meanwhile, heat a splash of oil in your (now empty) pan and add the chopped shallot. Fry until soft, about 4 mins. Put the black peppercorns in a freezer bag and lightly crush them using a heavy pan. Add them to the shallot along with the chicken stock pot and water (amount specified in the ingredients list). Bring to a simmer and bubble away until reduced by half (add a splash of water if it goes too far!).



5

While the sauce is reducing, add the broccoli and a pinch of salt to your second pan of boiling water. Cook for 4 mins - it should still have a bit of firmness! Drain in a colander.



6

Season the potato with salt and black pepper and mash with a fork or potato masher until smooth and creamy. Add a splash of milk and some butter (if you have any). Stir the crème fraîche into the peppercorn sauce and warm through gently. Serve the creamy mash topped with the pork loin steaks and peppercorn sauce, with some broccoli alongside. Enjoy!