

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



























Leek

Pork Loin Steaks Chicken Stock

Tarragon

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

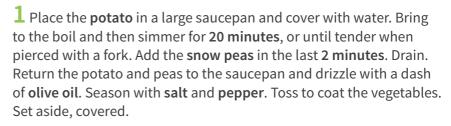
Pre-preparation

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.





- 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.