



Product Spotlight: Pear

Did you know there are more than 5,000 varieties of pears, and the trees can produce fruit for up to 100 years? Pears are packed with nutrients, fibre and antioxidants, making them delicious and nutritious!



Tarragon Pork Steaks with Wedges

Juicy pork steaks in a cream cheese tarragon sauce served alongside golden wedges and a balsamic-dressed salad.



30 minutes



2 servings



Pork

10 February 2023

Switch it up!

Make a cheesy mashed potato! Boil the potatoes and mash with cream cheese, tarragon and some cooking water until smooth. Slice the pork steaks and serve on top with salad on the side.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	46g	53g	74g

FROM YOUR BOX

MEDIUM POTATOES	3
GEM LETTUCE	3-pack
AVOCADO	1
PEAR	1
CARROT	1
PORK STEAKS	300g
CREAM CHEESE	1 tub (140g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, dried tarragon, soy sauce

KEY UTENSILS

oven tray, frypan

NOTES

You can use a flat whisk to combine the cream cheese and water if you have one.

Save any leftover cream cheese to make a dip or to spread on toast!

You can dress the salad with a vinaigrette of choice if preferred. To make a balsamic dressing, whisk together 1 tbsp balsamic vinegar, 1 tbsp olive oil, salt and pepper.



1. ROAST THE POTATOES

Set oven to 250°C.

Cut potatoes into wedges. Toss with **oil**, **salt and pepper** on a lined oven tray. Roast for 25 minutes, until golden and cooked through.



2. PREPARE THE SALAD

Separate and rinse lettuce leaves. Slice avocado and pear. Ribbon carrot with a vegetable peeler. Toss together.



3. COOK THE PORK

Heat a frypan over medium-high heat. Rub pork steaks with **oil**, **salt and pepper**. Cook for 2-3 minutes on each side, or until almost cooked through. Set aside on a plate.



4. MAKE THE SAUCE

Reduce pan heat to low. Add 1/2 tub cream cheese along with **1/4 cup water**. Cook, stirring until combined (see notes). Add another **1/4 cup water**, **1 tsp tarragon** and **1 tsp soy sauce**. Simmer for 3-4 minutes.



5. FINISH THE STEAKS

Return pork steaks to pan for 2-3 minutes until cooked through. Remove from heat and adjust seasoning with **salt and pepper** to taste (if needed).



6. FINISH AND SERVE

Serve pork steaks and sauce with wedges and salad (see notes).

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

