

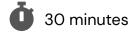




Tarragon Pork

with Golden Wedges

Free-range pork steaks served in a creamy tarragon gravy with golden potato wedges and a crisp side salad.





4 servings



Change the herb!

If there's no dried tarragon in your pantry, use the fresh rosemary for the sauce instead! You could also use crushed garlic to make a cheesy garlic sauce.

TOTAL FAT CARBOHYDRATES

39g 31g

FROM YOUR BOX

MEDIUM POTATOES	800g
ROSEMARY STALK	1
PEAR	1
CARROTS *	2
GEM LETTUCE	3-pack
PORK STEAKS	600g
CREAM CHEESE	1 tub

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice, dried tarragon, soy sauce

KEY UTENSILS

large frypan, oven tray

NOTES

Soak the gem lettuce leaves in a bowl of water; the excess sand will fall to the bottom. Then rinse the leaves and spin them dry in a salad spinner.

*Due to a supply shortage, orange carrots have replaced purple carrots.



1. ROAST THE WEDGES

Set oven to 220°C.

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



2. PREPARE THE SALAD

Slice pear. Use a peeler to ribbon carrots. Trim, separate and rinse lettuce leaves (see notes). Toss in a bowl with 1 tbsp olive oil and 1/2 tbsp vinegar.



3. COOK THE PORK

Heat a large frypan over medium-high heat. Rub pork steaks with oil and season with salt and pepper. Cook for 4-5 minutes on each side, or until cooked through. Set aside on a plate, keep pan over medium heat.



4. MAKE THE SAUCE

Add cream cheese to pan along with 1/2 cup water. Stir to combine. Add another 1/2 cup water, 2 tsp tarragon and 2 tsp soy sauce. Simmer for 3-4 minutes.



5. RETURN THE PORK

Return pork steaks to pan and warm through. Remove from heat and adjust seasoning with **salt and pepper** to taste (if needed).



6. FINISH AND SERVE

Serve pork steaks and tarragon sauce accompanied by wedges and salad.



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