



Product Spotlight: Potatoes


Did you know? Potatoes have 40% less carbohydrates than pasta, 60% more vitamin C than blueberries and 80% more potassium than bananas!



Pork Steaks with Creamy Mustard Sauce

Pan-friend pork steaks served with roasted vegetables, fresh mesclun leaf salad and creamy seeded mustard sauce.

 30 minutes

 2 servings

 Pork

Bulk it up!

Get extra serves or leftovers from this meal by adding extra vegetables to roast such as sweet potato, pumpkin, parsnip, mushrooms and Brussel sprouts. Add extra to the salad such as cucumber, cherry tomatoes or apple.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	52g	42g

FROM YOUR BOX

MEDIUM POTATOES	3
CARROTS	2
MESCLUN LEAVES	60g
PORK STEAKS	300g
BAVARIAN MUSTARD	1 jar
COOKING CREAM	300ml

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, dried rosemary, white wine vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

Add resting juices from the pork steaks into the sauce for extra flavour.

To brighten up the sauce add chopped fresh herbs such as parsley or tarragon.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Roughly chop **potatoes** and slice **carrots**. Toss on a lined oven tray with **oil**, **1-2 tsp rosemary**, **salt and pepper**. Roast for 30 minutes or until **vegetables** are golden and tender.



4. MAKE THE SAUCE

Reheat pan over medium-low heat. Add **mustard** and **cream**. Cook, stirring occasionally, for 3 minutes until **sauce** is warmed through. Remove from heat and season to taste with **salt and pepper** (see notes).



2. DRESS THE SALAD

Add **2 tsp olive oil**, **1 tsp vinegar**, **salt and pepper** to a large bowl and whisk to combine. Add **mesclun leaves** and toss in **dressing**.



3. COOK THE STEAKS

Heat a frypan over medium-high heat. Coat **steaks** with **oil**, **salt and pepper**. Add **steaks** to pan and cook for 2-3 minutes each side until cooked through. Remove to a plate and reserve pan.



5. FINISH AND SERVE

Divide **roasted veggies** and **salad** among plates. Slice and add **pork steaks**. Drizzle over **mustard sauce**.



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