



### Product Spotlight: Thyme

To quickly remove thyme leaves, place your fingers at the bottom of the stem, hold it upside down and firmly slide the leaves down.



## Creamy Leek and Mushroom Pork

A super comforting dish of seared pork steak medallions in a creamy mustard sauce with sweet leeks and mushrooms, all served over buttery mashed potato and parsnip.



35 minutes



2 servings



Pork

### Make it Child Friendly!

*You can use a rolling pin to flatten the pork steaks. This makes it easier for little ones to chew! You could also transform the root vegetables into oven baked chips if preferred.*

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
|            | 44g     | 12g       | 42g           |

## FROM YOUR BOX

|                  |             |
|------------------|-------------|
| MEDIUM POTATOES  | 3           |
| PARSNIP          | 1           |
| PORK STEAKS      | 300g        |
| THYME            | 1 packet    |
| LEEK             | 1           |
| BUTTON MUSHROOMS | 150g        |
| DIJON MUSTARD    | 1 small jar |
| SOUR CREAM       | 1 tub       |

## FROM YOUR PANTRY

oil for cooking, salt, pepper, butter, soy sauce or tamari, flour (of choice)

## KEY UTENSILS

large frypan, saucepan

## NOTES

You can leave the steaks whole or flatten into pork schnitzels if preferred.

Halve leek lengthways and wash thoroughly to remove any sand in between the layers.

We used cornflour for the sauce.



### 1. COOK THE ROOT VEGGIES

Peel and chop **potatoes** and **parsnip**. Place in a large saucepan and cover with water. Bring to a boil and cook for 15 minutes or until soft (see step 5).



### 2. SEAR THE PORK

Heat a large frypan over medium-high heat. Cut **pork steaks** into halves (see notes). Coat with 1/2 tbsp thyme leaves, **oil**, **salt** and **pepper**. Cook for 2-3 minutes each side or until almost cooked through. Remove to a plate and reserve pan.



### 3. SAUTÉ THE VEGETABLES

Slice **leek** and **mushrooms** (see notes). Reheat pan over medium-high heat with **1 tbsp butter** and **1 tbsp oil**. Cook **leek** and **mushrooms** for 5 minutes until softened.



### 4. SIMMER THE SAUCE

Stir **1/2 tbsp flour**, **1/2 tbsp soy sauce** and **mustard** into **vegetables** (see notes). Add **sour cream** and **1/2 cup water**, stir until combined. Simmer for 3 minutes until thickened. Return **pork** to pan and reduce heat to low.



### 5. FINISH THE MASH

Reserve **1/4 cup cooking water** before draining the **vegetables**. Return to saucepan and mash with **1 tbsp butter** and **reserved water**. Season with **salt** and **pepper**.



### 6. FINISH AND SERVE

Serve **pork** and **creamy sauce** over **mash**. Garnish with extra thyme leaves.



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