



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



4 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
	49g	38g	67g

FROM YOUR BOX

MEDIUM POTATOES	1kg
PARSNIPS	2
PORK STEAKS	600g
THYME	1 packet
LEEK	1
BUTTON MUSHROOMS	300g
MUSTARD	1 jar
SOUR CREAM	1 tub

FROM YOUR PANTRY

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

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 parsnips. 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 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 tbsp flour, 1 tbsp soy sauce** and mustard into vegetables (see notes). Add sour cream and **1 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 **1/2 cup cooking water** before draining the vegetables. Return to saucepan and mash with **2 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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