

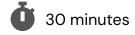




## **Tarragon Pork**

### 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

35g 21g 47g

#### FROM YOUR BOX

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

#### FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, vinegar of choice, 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.



#### 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, 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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