



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Plantagenet Pork

This free range pork from Plantagenet is our go-to choice. We really appreciate their concern for animal welfare and agriculture sustainability, as well as great quality.



## 3 Creamy Tarragon Pasta with Pork Steaks

Long pasta tossed in a creamy mushroom, onion and tarragon sauce, served with pork steaks and a rocket & pear salad.




 20 minutes

 2 servings

 Pork

15 March 2021

## FROM YOUR BOX

LONG PASTA	1 packet (250g)
BROWN ONION	1
MUSHROOMS	150g
BABY CAPERS	1 jar
SOUR CREAM	1 tub (200g)
PORK STEAKS 	300g
PEAR	1
BABY SPINACH & ROCKET	1/2 bag (30g) *
 MUSHROOMS (EXTRA)	150g
 PINE NUTS	40g

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil for cooking, salt, pepper, dried tarragon (or oregano/rosemary), vinegar (of choice)

## KEY UTENSILS


saucepan, large frypan

## NOTES

If you don't have tarragon, you can use dried oregano or rosemary instead.

**No pork option** – pork steaks are replaced with chicken schnitzels. Increase cooking time to 4–5 minutes on each side or until cooked through.

**No gluten option** – pasta is replaced with GF pasta.

 **VEG OPTION** – Ingredients are replaced with vegetarian alternatives – follow the cooking instructions as directed.




### 1. COOK THE PASTA

Bring a saucepan of water to the boil. Add pasta and cook according to packet instructions, or until cooked al dente. Drain and rinse briefly, return to saucepan.



### 2. MAKE THE SAUCE

Heat a frypan with oil over medium heat. Chop onion and slice mushrooms, add to pan as you go. Season with 1 tsp tarragon and stir through 1/2 jar capers.

 **VEG OPTION** – Cook as above, using all mushrooms. Season with 2 tsp tarragon.



### 3. FINISH THE SAUCE

Add 1/2 tub sour cream and 1/3 cup water. Stir to combine, simmer for 5 minutes. Add into saucepan with pasta (once drained). Rinse and reserve frypan for next step.

 **VEG OPTION** – Add a little more water if required.



### 4. COOK THE PORK STEAKS


Re-heat frypan over medium-high heat. Toss pork steaks with oil, 1/2 tsp tarragon, salt and pepper. Add to pan and cook for 2–3 minutes on each side or until just cooked through. Set aside on a plate, keep warm.

 **VEG OPTION** – Skip this step.



### 5. PREPARE THE SALAD


Slice pear and arrange with spinach & rocket leaves and remaining capers in a serving bowl. Drizzle with 1 tbsp olive oil and 1/2 tbsp vinegar.

 **VEG OPTION** – Prepare as above. Toast pine nuts in a dry frypan and scatter over salad.



### 6. FINISH AND SERVE

Season tarragon pasta with salt and pepper to taste. Serve with pork steaks and salad.

 **VEG OPTION** – Serve creamy tarragon mushroom pasta with dressed salad.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

