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Pork Steaks with Mustard

Parsley Potatoes and Garlic Veggies



20-30min



4 Portions

This is an old favourite the whole family will love! Thanks to a speedy, homemade marinade, the pork steaks are low fat but still succulent. They are teh perfect match for the easy boiled potatoes and garlicky veggies.

What we send

- thyme, parsley and 1 garlic clove
- lemon
- green beans
- zucchini
- free-range pork loin steaks
- carrot
- chat potatoes

What you'll require

- olive oil
- salt and pepper
- wholegrain mustard ¹⁷

Utensils

- medium saucepan
- paper towel
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

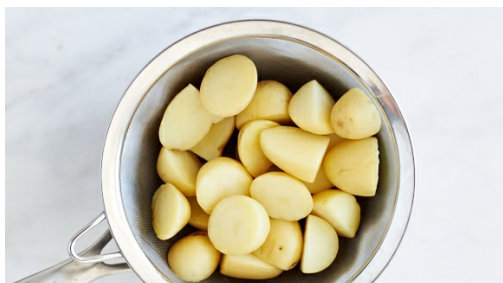
Be careful not to overcook the pork or it will become dry - it's alright to serve it still a little bit pink inside.

Allergens

Sulphites (17). May contain traces of other allergens.

Nutrition per serving

Energy 435.0kcal, Fat 15.3g, Proteins 40.4g, Carbs 28.2g



1. Cook potatoes

Cut **potatoes** in half (or quarters if large) and place in a small saucepan. Cover with salted water and bring to the boil over high heat. Cook for 12-15 mins until tender when pierced with the tip of a sharp knife. Drain well and return to pan.



4. Prepare vegetables

Cut the **carrots** into batons. Trim the **beans** and cut in half. Cut the **zucchini** into batons.



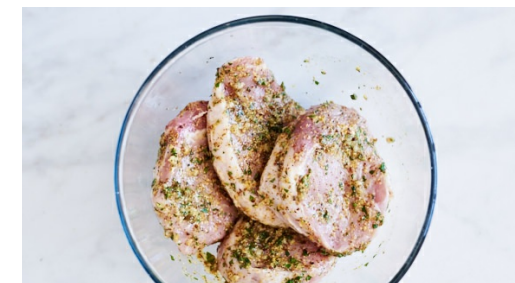
2. Prepare ingredients

Meanwhile, bring a medium saucepan of water to the boil for the veggies. Pick the **parsley** leaves (discard stems). Coarsely chop half the leaves and finely chop the remaining leaves. Pick the **thyme** leaves (discard stems) and finely chop. Finely chop the **garlic**. Zest and juice half the **lemon**. Cut remaining half into wedges.



5. Cook vegetables

Cook **carrots** in the pan of boiling water for 1-2 mins. Add **beans** and cook for a further 1 min. Add **zucchini** and cook for a further 1 min or until all the vegetables are tender. Drain the **veggies**. Return pan to low heat and add 2 tsp **oil** and the remaining **garlic**. Cook for 30 secs. Return all vegetables to the pan and toss to coat.



3. Season pork

Place 1 tbs **oil** in a large bowl and add 1 tbs **wholegrain mustard**, the finely chopped **parsley**, **thyme**, 1 tbs **lemon juice**, **lemon zest** and half the **garlic**. Season with **sea salt and pepper**. Pat **pork steaks** on both sides with paper towel, then add to bowl and turn to coat.



6. Chargrill pork

Meanwhile, heat a chargrill pan or non-stick frypan over medium-high heat. Cook **pork** for 3 mins each side (see cooking tip) or until just cooked through. Drizzle **potatoes** with 2 tsp **oil**, 2 tsp **lemon juice** and add the remaining **parsley**. Toss gently to combine. Serve the pork with the potatoes, **vegetables** and **lemon wedges**.