



PROVENÇALE PORK STEAK

with Creamy New Potatoes, Leeky Green Beans and Hazelnuts



HELLO LEEK

The Roman Emperor Nero believed eating leeks would improve his singing voice.



New Potatoes



Lemon



Pork Shoulder Steak



Provençale Herbs



Green Beans



Leek



Hazelnuts



Chives



Balsamic Vinegar



Crème Fraîche

MEAL BAG

30 mins

2.5 of your 5 a day

For a recipe that delivers on flavour and speed, this simple but delicious dish comes out on top. As one of Chef André's creations, it's no surprise to see his French heritage coming through by way of the provençale herbs in the pork marinade, giving this dish a certain je ne sais quoi. Served alongside balsamic greens and a creamy new potato salad, this is the perfect thing to bring a spark back to the dinner table.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan**, **Colander**, **Fine Grater**, some **Foil**, a **Baking Tray** and **Frying Pan** (with a **lid**). Now, let's get cooking!



1 COOK THE POTATOES

Put a large saucepan of **water** with a pinch of **salt** on to boil. Cut the **new potatoes** in half and pop in the pan of boiling water for 15-20 mins. **★ TIP:** *The potatoes are cooked when you can easily slip a knife through.* When cooked, drain in a colander and return them to the pan. Allow to cool, we will serve the **potatoes** as a warm(ish) salad. **Zest** and then cut the **lemon** into wedges.



2 MARINATE THE PORK

Meanwhile, pop the **pork steaks** on a foil-lined baking tray. Drizzle on a splash of **oil** and season with a pinch of **salt** and **pepper**. Sprinkle over the **lemon zest** and **provençale herbs**. Rub the flavours into both sides of the **pork**. **★ TIP:** *Remember to wash your hands after handling raw meat!* Preheat your grill to high.



3 PREP THE VEGGIES

Trim the tops from the **green beans**. Remove the root and dark green top from the **leek**, halve lengthways and slice into thin half moons. Make a small hole in the **hazelnut bag** and use a rolling pin or pan to bash the **nuts** into small pieces. Finely chop the **chives**.



4 GRILL THE PORK

Grill the **pork** for 6 mins on each side. **★ TIP:** *The pork is cooked when it is no longer pink in the middle.* When the **pork** is ready, keep it to one side loosely wrapped in foil to keep warm.



5 STEAM THE VEGGIES

While the pork is grilling, heat a drizzle of **oil** in a frying pan on medium heat. Stir-fry the **leek** until soft, 4-5 mins. Add the **beans**, cook for 2 mins, then add a splash of **water**. Cover with a lid or foil and steam the until the **beans** are tender, 4 mins. Remove the lid and drizzle in the **balsamic vinegar**. Leave to simmer until the liquid has evaporated, about 1-2 mins, then remove from the heat.



6 SERVE

Stir the **crème fraîche** and **half** the **chives** gently through the **potatoes** and season with more **salt** and some **pepper** to taste. Share between your plates with the **leaky green beans**. Sprinkle the **hazelnuts** on top of the **beans**. Serve the **provençale pork steak** alongside and garnish with a **lemon wedge**. Sprinkle over the remaining **chives**. **Enjoy!**

2 PEOPLE INGREDIENTS

New Potatoes, halved	1 pack
Lemon	½
Pork Shoulder Steak	2
Provençale Herbs	1 tsp
Green Beans, trimmed	1 pack
Leek, sliced	1
Hazelnuts, bashed 2)	25g
Chives, chopped	½ bunch
Balsamic Vinegar 14)	1 tbspc
Crème Fraîche 7)	1 small pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	697	112
(kJ)	2914	469
Fat (g)	44	7
Sat. Fat (g)	17	3
Carbohydrate (g)	40	6
Sugars (g)	12	2
Protein (g)	38	6
Salt (g)	0.27	0.04

ALLERGENS

2) Nut 7) Milk 14) Sulphites

Balsamic Vinegar: Wine Vinegar (Contains **Sulphites**), Concentrated Grape Must, Colour E150d.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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