



Pork in Creamy Mushroom Sauce with fluffy rice and softened leeks

Quick Cook 20-25 mins

15



Pork Loin Steak



Mushrooms



Leek



Rice



Dried Oregano



Chicken Stock



Creme Fraiche



Worcester Sauce

Pantry Items: Oil, Salt, Pepper, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pot with lid

Ingredients

	2P	4P
Pork Loin Steak	300 g	600 g
Mushrooms	250 g	500 g
Leek	1 unit	2 units
Rice	150 g	300 g
Dried Oregano	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Crema Fraiche	125 g	250 g
Worcester Sauce	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	518.5 g	100 g
Energy (kJ/kcal)	2824.2 kJ/ 675 kcal	544.7 kJ/ 130.2 kcal
Fat (g)	20.1 g	3.9 g
Sat. Fat (g)	10.5 g	2 g
Carbohydrate (g)	79.3 g	15.3 g
Sugars (g)	10.8 g	2.1 g
Protein (g)	44.5 g	8.6 g
Salt (g)	1.9 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Rice

- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **stock powder** and bring to the boil.
- Once boiling, lower the heat to medium, cover, and cook for 10 mins.
- Once cooked, remove from the heat.
- Keep covered for 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Fry the Veg

- Return the pan to medium-high heat with a drizzle of **oil**.
- When hot, fry the **mushrooms** and **leek** until softened, 4-6 mins, stirring occasionally.
- Season with **salt** and **pepper**.



Get prepped

- Clean the **mushrooms** with kitchen paper and roughly chop.
- Trim the root and the dark green leafy part from the **leek**. Halve lengthways then thinly slice.



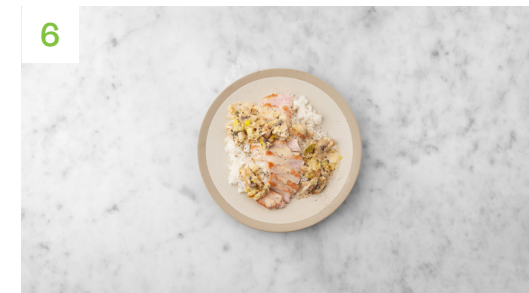
Simmer the Sauce

- Stir in the **crema fraiche**, **oregano** and **Worcester sauce**.
- Cook until the sauce has reduced, 4-5 mins.
- Season to taste with **salt** and **pepper**.
- Add a splash of **water** to the sauce if you feel it's too dry.



Brown the Pork

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Season the **pork** with **salt** and **pepper**. **IMPORTANT:** Wash hands and equipment after handling raw meat.
- Once the **oil** is hot, sear the **pork loin** fat-side down until crispy, 2-3 mins.
- Once seared, fry until cooked, 4-5 mins on each side.
- Once cooked, transfer to a plate, cover and allow to rest. **IMPORTANT:** The pork is cooked when no longer pink in the middle.



Finish and Serve

- Fluff up the **rice** with a fork and divide between plates.
- Place the **pork** on top.
- Pour over the creamy **leek** and **mushroom** sauce.

Enjoy!