



Pork Fillet Piccata

with garlic butter sauce and roasted broccoli

Calorie Smart Quick Cook 45-50 mins

12



Pork Fillet



Potatoes



Broccoli



Garlic



Parsley



Red Wine Vinegar



Chicken Stock



Shallot

Pantry Items: Oil, Salt, Pepper, Butter, Flour, Water



Rate your recipe!

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

Baking sheet with baking paper, grater

Ingredients

	2P	4P
Pork Fillet	300 g	600 g
Potatoes	3 units	6 units
Broccoli	1 unit	1 unit
Garlic	1 unit	2 units
Parsley	5 g	10 g
Red Wine Vinegar	1 sachet	2 sachets
Chicken Stock	1 sachet	2 sachets
Shallot	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	614.5 g	100 g
Energy (kJ/kcal)	2380.7 kJ/ 569 kcal	387.4 kJ/ 92.6 kcal
Fat (g)	16.2 g	2.6 g
Sat. Fat (g)	4.6 g	0.7 g
Carbohydrate (g)	64.5 g	10.5 g
Sugars (g)	6.1 g	1 g
Protein (g)	42.7 g	6.9 g
Salt (g)	3 g	0.5 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.

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Roast the Potatoes

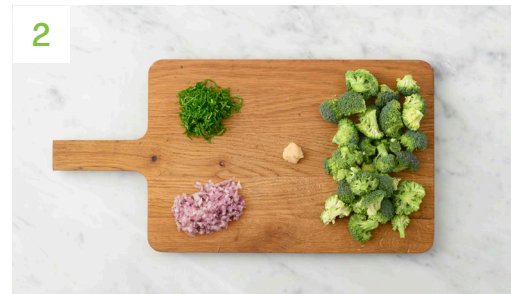
- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **potatoes** into 2cm pieces (no need to peel).
- Place the **potatoes** on a lined baking tray.
- Toss with **salt, pepper** and a drizzle of **oil**.
- Spread out in a single layer and roast on the top shelf of your oven until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



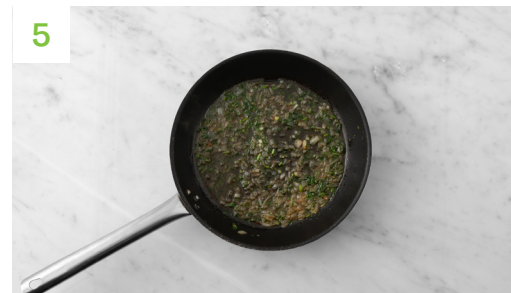
Cook the Pork

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the sliced **pork** and season with **salt** and **pepper**.
- Cook through, 5-6 mins on each side (cook in batches if your pan is getting crowded).
IMPORTANT: Pork is cooked when no longer pink in the middle.



Prep Your Veg

- Meanwhile, trim the tip of the **broccoli**. Cut head into small florets and stem into 2cm pieces.
- Pop onto a separate lined baking tray. Toss with **salt, pepper** and a drizzle of **oil**. Set aside.
- Halve and peel the **shallot**. Chop into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Finely chop the **parsley** (stalks and all).



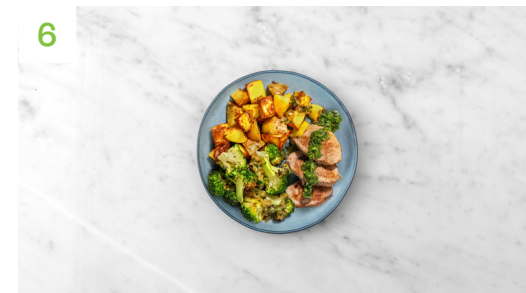
Make the Sauce

- Return the pan to medium heat with a drizzle of **oil**.
- Cook the **shallot** until softened, 3-4 mins. Add the **garlic** and **parsley** and cook for 1 min more.
- Pour in the **vinegar** and allow to evaporate. Add 75ml **water** (double for 4p) and the **chicken stock powder**.
- Bring to the boil and stir to dissolve the **stock**.
- Lower the heat and vigorously stir in 2 tbsp **butter** (double for 4p) until melted and combined.



Coat the Pork

- When the **potatoes** have 15 mins of cooking time left, roast the **broccoli** on the middle shelf of the oven until crispy, 12-15 mins.
- Add 3 tbsp **flour** (double for 4p) to a large bowl. Season with **salt** and **pepper**. Mix together.
- Cut each **pork fillet** into 6-8 slices.
- Lay the **pork** into the bowl and turn to ensure it gets an even coating of **flour**. **IMPORTANT:** Wash hands and equipment after handling raw pork and its packaging.



Finish and Serve

- Remove the pan from the heat.
- Serve the **pork** with the roast **potatoes** and crispy **broccoli** alongside.
- Finish with a generous drizzle of the **garlic butter** sauce.

Enjoy!