

Pork with Creamy Mustard Sauce

Serves 2

What you'll need:

Main ingredients	Fresh/ frozen	Store cupboard
<ul style="list-style-type: none">• Pork loin steaks, 2-4 depending on cut• Double cream, about 125-150ml		<ul style="list-style-type: none">• Wholegrain mustard, 1-2 tbsp• Chicken or vegetable stock, about 250ml• Worcestershire sauce, a dash or 2!• Salt & pepper, to taste

Method:

1. Season and pan fry the pork in a little olive oil for 2-3 mins on each side. Transfer to a baking plate or shallow ovenproof dish and pop in the oven to finish cooking. This doesn't take a long, mine took about 10 minutes, 170 fan.
2. In the meantime, deglaze the pan with a cup of stock (that's about 250ml), add 1 heaped tbsp wholegrain mustard and a dash of Worcestershire sauce. Allow to bubble and reduce for 3-4 minutes. Turn down the heat, and add half a cup of cream (about 125-150ml) and allow to warm through.
3. Once the pork is cooked, add it to the creamy sauce along with any cooking/ resting juices and serve up with your choice of greens. I made (delicious) garlic green beans with parmesan cheese. I'll add the recipe to the notes and tips section below.

Notes & tips

63 degrees is the temperature at which pork is cooked. Insert a food thermometer into the thickest part of the meat. When it's at 63 degrees, it can come off the heat and left to rest

no pork? no worries. Adjust cooking times and try with chicken

room temperature if time allows, let the meat to come to room temp a bit before cooking, about 10-15 mins will do.

inspired by a recipe from kitchen sanctuary

garlic green beans top, tail and par boil the beans for 3-4 mins in salted water. Drain well. Pan fry in a little oil and/ or butter, add 1 clove of chopped or minced garlic, salt and pepper. Once cooked through they're ready to serve up - just add some grated parmesan and a spritz of lemon juice!