



Creamy Wholegrain Mustard Penne Pasta with Irish Pork Fillet & Balsamic Roasted Cherry Tomatoes

Combining wholegrain mustard with crème fraîche is such a great way to get a quick, tasty and tangy sauce. You can actually use this combination on other meats like fish or chicken, and even as a salad dressing. In this dish, the sauce is served with roasted cherry tomatoes giving a rich and deep flavour which goes perfectly with pasta.

Ingredients

- Pork Fillet
- Red Onion
- Garlic
- Cherry Tomatoes
- Fresh Sage
- Wholegrain Penne
- Wholegrain Mustard
- Balsamic Vinegar
- Crème Fraîche

Your Pantry

- Olive Oil/Butter
- Salt & Pepper

Nutritional Info

Calories: 699 kcal
Carbohydrates: 64 g
Protein: 51 g
Fat: 26 g

Allergens


[Wheat \(Penne\)](#)
[Mustard \(Mustard\)](#)
[Milk \(Crème Fraîche\)](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Pre-heat the oven and boil the kettle**

Turn the oven on to 180°C and boil the kettle for the pasta.

2) **Prepare the vegetables**

Thinly slice the onion, crush the garlic. On a tray toss the cherry tomatoes with the balsamic vinegar and roast in the oven for 10 mins. Meanwhile..

3) **Put the pasta on to cook**

Cook the penne in boiling water from the kettle, bring it to a simmer over the heat and cook it for 10-12 minutes. Drain and set aside. While the pasta cooks...

4) **Cook the Pork**

Slice the pork into 1 cm thick strips. In a hot pan fry the pork in a little oil of 3-4 minutes, add in the onion and cook for 2 minutes, add in the sage and the garlic, cook for 2 minutes.

5) **Make the pasta sauce**

Add the crème fraîche and the mustard to the pan, then add the strained pasta and stir through.

6) **Plate the dish**

Serve the pork penne with the roast tomatoes on top.



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