



Honey Mustard Pork with Carrot and Celery Puy Lentils



Ancient 'Le Puy' lentils are the signature ingredient to this dish. Puy lentils are considered by most chefs to be the best lentil, owing to their unique peppery flavour and the fact they hold their shape during cooking which gives them a meaty texture. They are the only lentil to be identified by area of cultivation - grown in the Le Puy region of France for 2000 years!

Nutritional Info

Calories: 413 kcal
Carbohydrates: 50 g
Protein: 40 g
Fat: 10 g

Ingredients

- Pork Tenderloin
- Carrot
- Celery
- Garlic
- Puy Lentils
- Fresh Thyme
- Fresh Parsley
- Wholegrain Mustard
- Honey Pot
- Vegetable Stock Cube

Your Pantry

- Olive Oil

Allergens


Mustard (Mustard)
Celery (Stock Cube, Celery)
Stock Cube may also contain traces of Egg, Soya & Mustard

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) **Prepare the vegetables and stock**

Peel and chop the carrot into thumbnail-sized pieces. Chop the celery. Finely chop the garlic, thyme and parsley. Combine the stock cube with 250 ml of boiling water per person and set the stock aside.

2) **Cook the vegetables**

Pour a teaspoon of olive oil in a pot on a medium heat. Add the celery and carrot and allow to cook down for 3-4 minutes.

3) **Add the lentils, thyme & garlic**

Add the lentils, thyme and garlic to the pot with the vegetables and cook for 1 minute.

4) **Add the stock**

Now add the stock and cook the lentils on a high heat for 10-15 minutes.

5) **Flavour the pork**

Slice the pork into 2 cm medallions. Mix the mustard and honey together and smear over the medallions.

6) **Cook the pork**

Place the pork in a pan on a medium heat until cooked, about 3 minutes each side.

7) **Finish the dish**

Stir the chopped parsley through the lentils. Then plate the pork on top of the lentils.



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