



Seared Irish Pork Steak, Sweet Potato Mash & Glazed Green Beans

Tenderloin is easy to cook, juicy, flavorful, and lean. Marinating it with the garlic and sage makes for melt in your mouth medallions.

Nutritional Info

Calories: 694 kcal
Carbohydrates: 70 g
Protein: 66 g
Fat: 17 g

Ingredients

- Pork Tenderloin
- Bacon
- Potato
- Sweet Potato
- Green Beans
- Garlic
- Sage
- Natural Yogurt
- Wholegrain mustard

Your Pantry

- Olive Oil
- Salt & Pepper
- Butter
- Milk

Allergens


Milk (Yogurt, Butter, Milk)
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 mash

Peel the potato and sweet potato. Then slice them into 1 cm slices. In a pot, boil the potato and sweet potato for 15 minutes. Strain the water and put back on the heat for 2 minutes to dry them out.

2) Marinade the pork & dice the bacon

While the mash is boiling, cut the pork into medallions. Crush the garlic and chop the sage. Marinade the pork in a little olive oil and the crushed garlic and sage. Dice the bacon into small pieces.

3) Blanch the green beans

Blanch (boil) the green beans in boiling water for 30 seconds. Drain and set aside.

4) Finish the mash

When the potatoes have been drained and put back on the heat to dry out, add 15 g butter and 30 ml milk per person and mash well using a potato masher or fork. Season with salt & pepper.

5) Cook the pork

Add some olive oil to a pan on a medium heat. Then cook the pork medallions for about 3 minutes on each side. Remove from the pan and keep warm.

6) Cook the bacon & green beans

Add the bacon to the same pan and cook for 3 minutes until crispy. Add in the green beans to warm through.

7) Add the natural yogurt and serve

Add the yogurt to the pan with the mustard, bacon and green beans and heat through. Serve the mash and pork medallions with the green beans, bacon and yogurt on top.



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