

Pork with creamy leek sauce

A simple, healthy winter warming supper the whole family will love.

Serves 4

Prep 5 minutes

Cook 10-12 minutes

INGREDIENTS

dash rapeseed oil
4 pork escalopes (400g)
2-3 leeks, chopped
3 heaped tsp Dijon mustard
2 heaped tsp plain flour
500ml skimmed milk
pinch pepper

METHOD

1. Add the oil to a non-stick frying pan over a medium heat. Add the pork and cook for 2-3 minutes each side (to brown the outside). Remove from the pan and reserve.
2. Add the leeks to the pan and stir for 3-4 minutes, add the mustard and mix well. Next, sprinkle the flour over the leeks and mix well.
3. Slowly add the milk, stirring constantly until the sauce starts to thicken. Cook for another minute.
4. Put the pork escalopes back into the pan with the sauce, bring to a gentle simmer and cook for another 3-4 minutes, adding a dash more milk or water if the sauce becomes too thick.
5. Make sure the pork is cooked right through, season and serve.

Chefs tips

- You can also make this dish with turkey escalopes or chicken breasts.
 - For a rich and delicious vegetarian version of this recipe, try replacing the pork with a selection of mushrooms (400g).
 - Suitable for freezing once cooked. Then defrost thoroughly to serve or reheat until piping hot throughout. The sauce may separate but is still taste the same and is perfectly fine to eat.
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