

Pork Medallions

This tasty recipe has been put together by Tom, our Healthy Habits Coordinator, with a little help from his daughter. For more great health and wellbeing tips from Tom and the Healthy Habits team, call us on 0191 280 8484 or email Rebecca.Williams@ageuknorthtyneside.org.uk.

This is a rather delicious and impressive looking dish that is actually straight forward but pays great dividends. You can adapt it to suit your tastes and the such but obviously try to keep it healthy. I have adapted it from a BBC Good Food recipe to make it slightly healthier without sacrificing the flavour. I love this dish as does my daughter as it's mildly indulgent with the cream. I tend to serve with a root vegetable mash instead of normal mashed potato for extra flavour and some tasty steamed veg.

Kit

- Chopping board and knives
- Small blender (optional)
- Frying pan and spoon
- Pan for boiling pasta and a drainer

Ingredients (Serves 3-4 depending on portion size)

- 1 tbsp. olive oil
- 600g pork medallions
- 1 tbsp. butter.
- 2 shallots, thinly sliced/blended (can use onions if needed)
- 250g chestnut mushrooms, sliced
- 2 garlic clove, crushed
- 1 tbsp. plain flour, sieved
- 400ml chicken stock
- 4 sprigs thyme or just use finely chopped if that is what you have to hand
- ½ tbsp. wholegrain mustard or a mustard of your choice, I use English
- 100ml double cream



Method

Step 1

- Heat the oil in a large non-stick frying pan and fry the pork on each side for 2-3 mins until golden brown. Set aside on a plate.

Step 2

- Melt the butter in the pan and, when foaming, fry the shallots and mushrooms over a medium heat for 10 mins. Add the garlic and cook for another 1 min.
- Stir through the sieved flour and cook for another 2 mins. Gradually stir through the stock until the sauce is lump free. This can take a while and don't worry too much if there are a few lumps from the flour as you can break these down with further stirring and simmering.
- Add the thyme and mustard and season to taste.

Step 3

- Return the pork to the pan and simmer uncovered for 5-7 mins or until the pork is cooked through. Stir through the cream and heat again until simmering.