

Parma Pork with Potato Salad



Serves 2 Prep 15 mins

Cooking 15 mins

Easy

Ingredients

175g new potatoes (we used Jersey Royals), scrubbed & thickly sliced
3 celery sticks, thickly sliced
3 tbsp bio yogurt
2 gherkins (about 85g each), sliced
¼ tsp caraway seeds
½ tsp Dijon mustard
2 x 100g pieces lean pork tenderloin
2 tsp chopped sage
2 slices Parma ham
1 tsp vegetable oil
2 tsp balsamic vinegar
2 handfuls salad leaves

1. Bring a pan of water to the boil, add the potatoes and celery and cook for 8 mins. Meanwhile, mix the yogurt, cucumber, caraway and mustard in a bowl. When the potatoes and celery are cooked, drain and set aside for a few mins to cool a little.
2. Bash the pork pieces with a rolling pin to flatten them. Sprinkle over the sage and some pepper, then top each with a slice of Parma ham. Heat the oil in a non-stick pan, add the pork and cook for a couple of mins each side, turning carefully. Add the balsamic vinegar and let it sizzle in the pan.
3. Stir the potatoes and celery into the dressing and serve with the pork, with some salad leaves on the side.