

## NUTRITION: Lazza's Kitchen Adventure

### Honey Mustard Pork and Potatoes

**A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever Honey Mustard Pork and Potatoes from scratch**

**The pairing of honey and mustard has been around since Ancient Egypt.. Historians believe that the honey was first used to soften mustard's intensity. Honey and mustard together were popular in Ancient Rome as well. Written in the 4th or 5th century, the Roman cookbook De re Coquinaria included a recipe for a mustard sauce that included both mustard seeds and honey along with other spices and herbs such as black pepper and dill.**

#### Ingredients

4 pork medallions  
1 lb (450g) baby yellow potatoes, quartered and rinsed  
2 tablespoons butter: 2 tablespoons oil  
1 tablespoon lemon juice: ¼ cup Honey  
1/3 cup whole grain mustard  
1 teaspoon smoked paprika  
Salt and fresh cracked pepper  
Chopped fresh parsley

To make the pork chops and potatoes: Par-cook quartered potatoes in boiling salted water for 8 minutes. Drain and set aside. In the meantime, pat dry and season pork chops with salt and pepper on both sides.

In a small bowl, combine mustard, honey, paprika, lemon juice and mix until smooth.

In a large pan, melt 1 tablespoon butter with 1 tablespoon oil over medium heat and cook potatoes until golden with a nice crust, tossing regularly. When potatoes are done, remove to a plate. Discard oil and butter if it's too brown.

In the same pan, melt remaining butter with oil, cook pork medallions (you can use chops) 3 – 4 minutes on all sides until cooked through. Remove to another plate.

Still with the same pan, lower the heat and pour in the honey mustard sauce. Let the sauce reduce for one minute then stir in potatoes and toss to coat well. Move potatoes on the side and add pork chops back into the skillet. Coat pork chops with the honey mustard sauce. Garnish with fresh chopped parsley and serve the pork chops and potatoes immediately. Enjoy!



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty meal to prepare.**