



eatwise

Roast pork steak with celeriac, broccoli & roast potatoes (serves 4–5)

Celeriac is an 'ugly duckling' vegetable, but it's low in carbs and very versatile, can be eaten raw grated in salad and it's lovely roast as in this quick roast dinner recipe with a zesty flavour.

Celeriac's main season is autumn and winter, substitute turnip if celeriac's unavailable.

| | |
|--|---|
| 2 whole pork steaks (about 800g total) | Sea salt and freshly ground black pepper |
| 1 medium celeriac, peeled and cut into 1 cm dice | Grated zest of a lemon or orange (optional) |
| 4–5 medium potatoes, peeled and halved | 1 large head broccoli, in florets |
| 3 tablespoons olive oil | 1 chicken stock cube dissolved in 200ml boiling water |
| 2–3 teaspoons Dijon mustard | |
| Fresh or dried mixed herbs | |

1. Prepare all the vegetables. Put potatoes on to boil in cold water, with a little salt, to just cover.
2. Heat oven to 190°C, put oil into a large roasting tin, heat in the oven for 5 minutes.
3. When potatoes come to the boil, drain (reserving water for stock) return to the dry pan and shake over heat for a few moments to dry them, then place them in the hot oil, turning carefully to coat with oil. Put into the oven while you prepare the pork.
4. Spread mustard over the whole pork steaks, sprinkle over herbs, lemon or orange zest and season well with salt and pepper
5. Remove roasting tray from oven and add celeriac. Use two spoons to turn over in oil
6. Place pork steak on top of potatoes and celeriac and roast for 40–50 minutes
7. Take the roasting tin out of the oven. Check pork is cooked by inserting a skewer and see that juices run clear. When cooked, put potatoes, celeriac & pork in a warmed dish and cover with foil.
8. Carefully pour stock into roasting tin, stirring over heat on hob to loosen meat juices. Strain and allow the gravy to reduce by boiling or thicken, if you prefer, by adding a teaspoon of cornflour (dissolved in a little water), allowing the gravy to boil briefly then strain and serve.
9. Serve with steamed broccoli