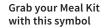


Honey-Mustard Pork Fillet & Bacon Greens with Cheesy Mash, Balsamic Dutch Carrots & Onion Chutney

FEAST



















Potato





Shaved Parmesan









Green Beans



Diced Bacon

Balsamic Vinaigrette Dressing



Onion Chutney

Prep in: 20-30 mins Ready in: 35-45 mins

The secret to a perfect roast is a quality cut, and this premium pork fillet is perfection. Served with all the trimmings -Parmesan-loaded mash, roasted dutch carrots, and onion chutney to bring it all together - meet your new go-to recipe for when you want something fancy without the fuss.

Pantry items

Olive Oil, Honey, Butter, Milk

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan \cdot Medium saucepan with a lid \cdot Two oven trays lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------------------|-------------------|--------------------|
| olive oil* | refer to method | refer to method |
| thyme | 1 bag | 1 bag |
| Dijon mustard | 1 packet | 2 packets |
| honey* | 1 tbs | 2 tbs |
| premium pork fillet | 1 packet | 2 packets |
| Dutch Carrots | 1 bag | 2 bags |
| walnuts | 1 medium packet | 1 large packet |
| potato | 2 | 4 |
| butter* | 40g | 80g |
| milk* | 2 tbs | 1/4 cup |
| shaved Parmesan cheese | 1 packet (26g) | 1 packet (52g) |
| pea pods | 1 small bag | 1 medium bag |
| green beans | 1 small bag | 1 medium bag |
| garlic | 1 clove | 2 cloves |
| diced bacon | 1 packet (90g) | 1 packet (180g) |
| balsamic vinaigrette dressing | drizzle | drizzle |
| onion chutney | 1 packet (40g) | 2 packets (80g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3888kJ (929Cal) | 537kJ (128Cal) |
| Protein (g) | 65.2g | 9g |
| Fat, total (g) | 51.8g | 7.2g |
| - saturated (g) | 21.5g | 3g |
| Carbohydrate (g) | 49.3g | 6.8g |
| - sugars (g) | 26.8g | 3.7g |
| Sodium (mg) | 1169mg | 162mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the pork fillet

- Preheat oven to 220°C/200°C fan-forced.
- Pick thyme leaves.
- In a small bowl, combine thyme, Dijon mustard and the honey.
- In a large frying pan, heat a drizzle of olive oil over high heat. Season premium pork fillet all over with salt and pepper and add to the hot pan. Sear until browned, 1 minute on all sides.
- Transfer pork to a lined oven tray and coat with the honey mustard mixture.
- Roast for **12-14 minutes** for medium, or until cooked to your liking.
- Remove pork from oven, cover with foil and set aside to rest for 10 minutes.

TIP: Pork can be served slightly blushing pink in the centre.



Roast the Dutch carrots

- While the pork is roasting, bring a medium saucepan of salted water to the boil.
- Trim green tops from **Dutch carrots** and scrub the carrots clean. Roughly chop **walnuts**.
- Place carrots on a second lined oven tray.
 Drizzle with olive oil, season with salt and toss to coat. Roast until golden and tender,
 20-25 minutes.
- When the carrots are cooked, sprinkle over walnuts.



Make the mash

- While the carrots are roasting, peel potato and cut into bite-sized chunks.
- Cook potato in the boiling water until easily pierced with a fork, 12-15 minutes. Drain and return to the pan.
- Add the butter, the milk and shaved Parmesan cheese to the potato. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Prepare the greens

- While the pork is resting, trim pea pods and green beans.
- Finely chop garlic.



Cook the greens

- Return frying pan to medium-high heat with a drizzle of olive oil.
- Cook green beans and diced bacon, breaking up bacon with a spoon, until softened, 4-5 minutes.
- Add pea pods and garlic and cook until fragrant,
 1-2 minutes.



Serve up

- Slice pork and divide between plates.
- Bring the Dutch carrots, cheesy mash and garlic bacon greens to the table.
- Drizzle balsamic vinaigrette dressing over carrots
- Serve with **onion chutney**. Enjoy!

