



# Honey-Mustard Pork Fillet & Bacon Greens

with Cheesy Mash, Balsamic Dutch Carrots & Onion Chutney

FEAST

Grab your Meal Kit with this symbol



Thyme



Dijon Mustard



Premium Pork Fillet



Dutch Carrots



Walnuts



Potato



Shaved Parmesan Cheese



Pea Pods



Green Beans



Garlic



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 · Medium saucepan with a lid · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
thyme	1 bag	1 bag
Dijon mustard	1 packet	2 packets
<b>honey*</b>	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
<b>butter*</b>	40g	80g
<b>milk*</b>	2 tbs	¼ 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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## 1 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.



## 4 Prepare the greens

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



## 2 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**.



## 5 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**.



## 3 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!



## 6 Serve up

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

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