



# Rosemary & Garlic Pork Fillet

with Dauphinoise Potatoes & Dutch Carrots

GOURMET

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Dutch Carrots



Light Cooking Cream



Chicken-Style Stock Powder



Parmesan Cheese



Premium Pork Fillet



Green Beans

Prep in: 30-40 mins  
Ready in: 60-70 mins

Bring some French flair to your table with this sublime dish! Starting with a premium pork fillet and some creamy dauphinoise potatoes, and finishing with sweet roasted Dutch carrots and crisp sautéed green beans, you're in for a treat!

### Pantry items

Olive Oil, 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

Medium saucepan · Small baking dish · Large frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	2 sticks	4 sticks
Dutch carrots	1 bag	2 bags
light cooking cream	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
chicken-style stock powder	1 medium sachet	1 large sachet
Parmesan cheese	1 medium packet	1 large packet
premium pork fillet	1 packet	2 packets
green beans	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2770kJ (662Cal)	442kJ (106Cal)
Protein (g)	56.2g	9g
Fat, total (g)	33.4g	5.3g
- saturated (g)	15.7g	2.5g
Carbohydrate (g)	33.3g	5.3g
- sugars (g)	13.4g	2.1g
Sodium (mg)	790mg	126mg

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.

## Fancy a drop?

We recommend pairing this meal with Chardonnay or Pinot Blanc



## Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Cut **potato** into 0.5cm-thick rounds. Cook **potato**, in the boiling water, until just tender, **4-6 minutes**. Drain **potato**, then return to saucepan.
- Meanwhile, finely chop half the **garlic**.
- Slice remaining **garlic** into slices.
- Cut **rosemary** into 2cm sprigs.
- Scrub **Dutch carrots** clean (halve any thicker carrots lengthways).



## Roast the pork

- Using a small, sharp knife, make eight slits all over the **pork fillet**. Push **garlic** slices and **rosemary** sprigs into the slits. Drizzle **rosemary** and **garlic** with **olive oil** to prevent burning.
- Arrange **carrots** around pork. Drizzle **carrots** with **olive oil**, then season.
- Roast on the top rack for **15 minutes** for medium, or until pork is cooked to your liking.
- Remove tray from oven. Cover with foil to rest for **10 minutes**.



## Bake the potatoes

- In a medium bowl, combine chopped **garlic**, **light cooking cream**, the **milk** and **chicken-style stock powder**. Season with **salt** and **pepper**.
- In a baking dish, arrange **potato** slices so they sit flat. Pour **cream mixture** over potato, then gently shake dish to coat **potato**.
- Sprinkle with **Parmesan cheese**. Cover tightly with foil, then bake until potato has softened, **14-16 minutes**.
- Remove foil, then return **potato** to oven. Bake until golden and when the centre can be easily pierced with a fork, **10-12 minutes**.



## Cook the green beans

- While the pork is resting, trim **green beans**.
- Wash out frying pan, then return to medium-high heat. Cook **green beans**, tossing, until tender, **4-5 minutes**. Season to taste.



## Sear the pork

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Season **premium pork fillet** all over.
- When oil is hot, cook **pork**, turning, until browned all over, **4 minutes**. Transfer to a lined oven tray.



## Serve up

- Slice the rosemary and garlic pork fillet.
- Divide pork, dauphinoise potatoes, Dutch carrots and green beans between plates to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



## Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)