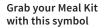
# Rosemary & Garlic Pork Fillet with Dauphinoise Potatoes & Dutch Carrots

**CUSTOMER FAVOURITE** 

GOURMET











Potato





**Dutch Carrots** 

Chicken-Style Stock Powder

Rosemary



**Light Cooking** 



Parmesan Cheese



Premium Pork Fillet



Green Beans

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	⅓ 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 (105Cal)
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 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).



# 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.



# 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.



# 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.



# 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.



# Serve up

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



