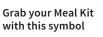


Honey-Mustard Pork Fillet Feast with Bacon Greens, Cheesy Mash & Balsamic Dutch Carrots

CUSTOMER FAVOURITE











Dijon Mustard



Premium Pork



Dutch Carrots





Potato



Parmesan Cheese







Pea Pods

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 bunch	2 bunches
walnuts	1 medium packet	1 large packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	1/4 cup
Parmesan cheese	1 medium packet	1 large packet
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 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

- 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 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

- 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!

