



Pepper-Crusted Pork Fillet & Onion Sauce

with Roast Potato & Sage-Butter Greens

CHRISTMAS SPECIAL

CUSTOMER FAVOURITE

Grab your Meal Kit with this symbol



Potato



Garlic & Herb Seasoning



Black Peppercorns



Premium Pork Fillet



Baby Broccoli



Baby Spinach Leaves



Green Beans



Sage



Garlic



Onion Chutney



Chicken Stock Pot



Roasted Almonds

Prep in: 30-40 mins
Ready in: 40-50 mins

Press a premium pork fillet into crushed black peppercorns before searing and then roasting it, and you'll be in for a treat - especially when you top it off with a sweet and savoury onion sauce. Serve with a couple of simple but stellar sides, before completing the meal with a decadent dessert that screams Christmas.

Pantry items

Olive Oil, Butter

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic & herb seasoning	1 medium sachet	1 large sachet
black peppercorns	1 large sachet	2 large sachets
premium pork fillet	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
baby spinach leaves	1 medium bag	1 large bag
green beans	1 small bag	1 medium bag
sage	1 bag	1 bag
garlic	3 cloves	6 cloves
butter*	40g	80g
onion chutney	1 packet (40g)	2 packets (80g)
water*	¼ cup	½ cup
chicken stock pot	1 packet (20g)	2 packets (40g)
roasted almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3166kJ (757Cal)	486kJ (116Cal)
Protein (g)	57.9g	8.9g
Fat, total (g)	38.6g	5.9g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	43.1g	6.6g
- sugars (g)	16.2g	2.5g
Sodium (mg)	1338mg	206mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat.
- Roast **potato** until tender, **20-25 minutes**.
- Meanwhile, crush **black peppercorns** using a pestle and mortar or in their sachet using a rolling pin.
- Spread crushed **peppercorns** over a plate, then combine with a generous pinch of **salt**.

4



Finish the greens

- Add **spinach** to the pan and cook, stirring, until wilted, **1-2 minutes**.
- Add **garlic, sage** and half the **butter** and cook until fragrant, **1-2 minutes**.
- Transfer **sage-butter greens** to a bowl. Cover to keep warm.

2



Cook the pork fillet

- Pat **premium pork fillet** dry with paper towel. Drizzle pork with **olive oil**, then press each side firmly into crushed **peppercorns**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, sear **pork** until browned, **1 minute** on all sides.
- Transfer seared **pork** to a second lined oven tray. Roast for **12-14 minutes** for medium, or until cooked to your liking.
- Remove **pork** from oven, then cover with foil and set aside to rest for **10 minutes**.

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

5



Make the onion sauce

- Return pan to low heat.
- Cook **onion chutney**, the **water**, **chicken stock pot**, remaining **butter** and any **pork resting juices**, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat.

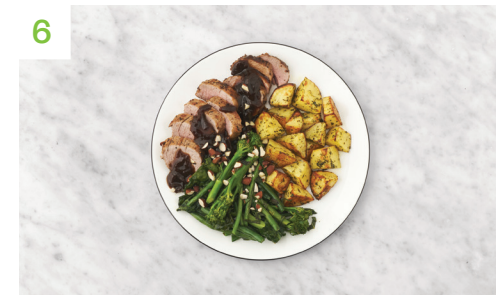
3



Start the greens

- While the pork is roasting, trim ends of **baby broccoli**. Roughly chop **baby spinach leaves**. Trim **green beans**. Pick and roughly chop **sage**. Finely chop **garlic**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans**, tossing, until almost tender, **4-5 minutes**.

6



Serve up

- Roughly chop **roasted almonds**.
- Slice pepper-crusted pork fillet.
- Divide pork fillet, roast potato and sage-butter greens between plates.
- Spoon onion sauce over pork fillet.
- Sprinkle with chopped almonds to serve. Enjoy!

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