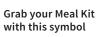


# Pepper-Crusted Pork Fillet & Onion Sauce

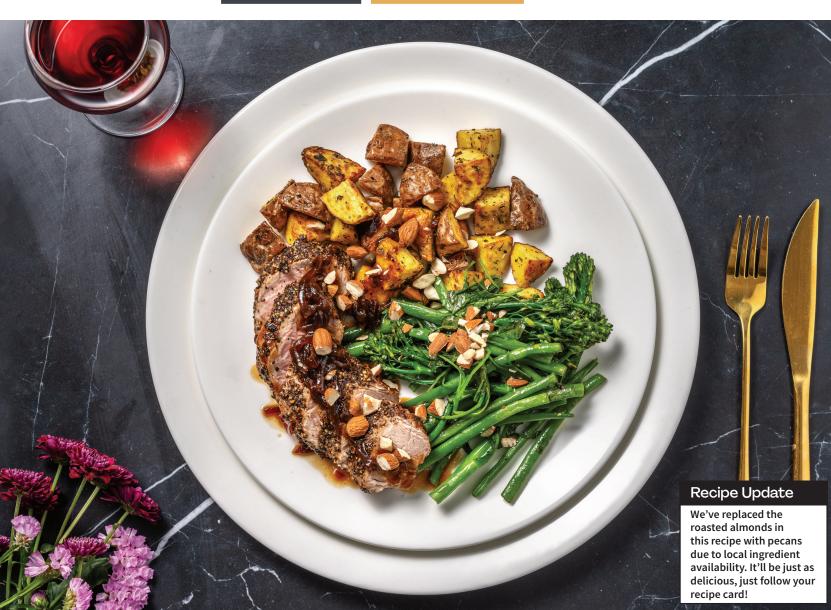
with Sage-Butter Greens & Herby Potatoes

CHRISTMAS SPECIAL

**CUSTOMER FAVOURITE** 











Seasoning

Black Peppercorns

Premium Pork



Baby Broccoli Baby Kale





Green Beans





**Onion Chutney** 



Chicken Stock

Pecans

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  $\cdot$  Large frying pan

### Ingredients

9. • • • • • • • • • • • • • • • • •			
	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 kale	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*	1/4 cup	½ cup	
chicken stock pot	1 packet (20g)	2 packets (40g)	
pecans	1 packet	2 packets	

<sup>\*</sup>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.

# Fancy a drop?

We recommend pairing this meal with Pinot Nior or Shiraz



## 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 with 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.



# 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.



# Start the greens

- While the pork is roasting, trim ends of baby broccoli.
- Tear baby kale 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.



### Finish the greens

- Add baby kale to pan and cook until softened,
   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.



# Make the onion sauce

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



### Serve up

- · Roughly chop pecans.
- 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 pecans to serve. Enjoy!

