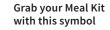


# Rosemary & Caramelised Onion Pork Fillet with Sautéed Asparagus, Roast Veggies & Fetta

GOURMET









Potato

**Dutch Carrots** 





Rosemary





Premium Pork

Onion Chutney



Asparagus



Flaked Almonds





Prep in: 30-40 mins Ready in: 45-55 mins



## 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	
Dutch carrots	1 bunch	2 bunches	
salt*	1/4 tsp	½ tsp	
garlic	2 cloves	4 cloves	
rosemary	2 sticks	4 sticks	
onion chutney	1 packet (40g)	2 packets (80g)	
balsamic vinegar*	1 tbs	2 tbs	
premium pork fillet	1 packet	2 packets	
asparagus	1 bunch	2 bunches	
flaked almonds	1 medium packet	1 large packet	
fetta cubes	1 medium packet	1 large packet	

<sup>\*</sup>Pantry Items

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2400kJ (573Cal)	390kJ (93Cal)
Protein (g)	54.2g	8.8g
Fat, total (g)	22.6g	3.7g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	36.7g	6g
- sugars (g)	16.8g	2.7g
Sodium (mg)	689mg	112mg
Dietary Fibre (g)	10.4g	1.7g

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 Noir or Chardonnav



# Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut **potato** into wedges.
- Trim green tops from **Dutch carrots**.
- Place potato and carrots on a lined oven tray.
  Drizzle generously with olive oil and season with the salt and pepper.
- Roast veggies until golden and cooked through,
  25-30 minutes.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



# Get prepped

- While the veggies are roasting, finely chop garlic.
- Pick rosemary leaves and finely chop.
- In a medium bowl, combine garlic, rosemary, onion chutney and the balsamic vinegar.
   Drizzle with olive oil and stir to combine.



# Start the pork

- Heat a drizzle of olive oil in a large frying pan over high heat.
- Season premium pork fillet all over with salt and pepper.
- When the pan is hot, cook pork, turning, until browned all over, 4 minutes.
- Transfer to a second lined oven tray. Spoon the **onion mixture** over the top of the pork.



# Roast the pork

- Roast pork for 12-14 minutes for medium or until cooked to your liking.
- Remove tray from oven and cover the pork loosely with foil.
- Set aside to rest for 10 minutes.

TIP: The pork will continue to cook as it rests. Pork can be served slightly blushing pink in the centre.



# Cook the asparagus

- While the pork is resting, trim the woody ends (about 3cm) off the asparagus.
- Wipe out frying pan and return frying pan to medium-high heat with a drizzle of olive oil. Add asparagus and cook, tossing, until just tender, 4-6 minutes. Season with salt and pepper.



# Serve up

- Thickly slice caramelised onion pork fillet.
- Divide the roasted potatoes, baby carrots and asparagus between plates.
- Top with pork and spoon over any resting juices from the tray.
- Sprinkle with flaked almonds and crumble over fetta cubes to serve. Enjoy!

