



Rosemary & Caramelised Onion Pork Fillet

with Sautéed Asparagus, Roast Veggies & Fetta

GOURMET

Grab your Meal Kit with this symbol



Potato



Dutch Carrots



Garlic



Rosemary



Onion Chutney



Premium Pork Fillet



Asparagus



Flaked Almonds



Fetta Cubes

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

Carb Smart

This special occasion dinner is a magical medley of gourmet flavours, including premium pork fillet, caramelised onion, baby carrot, fetta and almonds. Set the table and pour the wine while the flavours mingle to create this memorable meal.

Pantry items

Olive Oil, Balsamic Vinegar

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
Dutch carrots	1 bunch	2 bunches
salt*	¼ 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

*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 Chardonnay



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.



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.



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.



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!

We're here to help!

Scan here if you have any questions or concerns



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