



Glazed Pork Fillet Medallions

with Parmesan Mash & Garlic Greens

FAST & FANCY

NEW

KID FRIENDLY

Grab your Meal Kit with this symbol



Baby Broccoli



Green Beans



Garlic Paste



Premium Pork Fillet



Sweet & Savoury Glaze



Mashed Potato



Parmesan Cheese

Prep in: 15-25 mins
Ready in: 20-30 mins

Calorie Smart

Enjoy mouth-watering morsels of pork, glistening with our sweet & savoury glaze, paired with some tender greens and velvety smooth Parmesan mash for a delightful mid-week dinner.

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
baby broccoli	1 bunch	2 bunches
green beans	1 small packet	1 medium packet
garlic paste	1 medium packet	2 medium packets
premium pork fillet	1 medium packet	2 medium packets
sweet & savoury glaze	1 medium packet	1 large packet
mashed potato	1 medium packet	2 medium packets
Parmesan cheese	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2563kJ (613Cal)	445kJ (106Cal)
Protein (g)	57.5g	10g
Fat, total (g)	23g	4g
- saturated (g)	11.4g	2g
Carbohydrate (g)	38.2g	6.6g
- sugars (g)	13.6g	2.4g
Sodium (mg)	3399mg	591mg
Dietary Fibre (g)	5.7g	1.2g

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.



Get prepped

- Trim **baby broccoli** then cut in half lengthways.
- Trim **green beans**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **baby broccoli** and **green beans** with a splash of **water**, tossing, until tender, **5-6 minutes**.
- Add **garlic paste** and cook until fragrant, **1 minute**. Transfer to a bowl and cover to keep warm.
- Meanwhile, slice **premium pork fillet** into 3 cm-thick round pieces. Season **pork pieces** on both sides.



Make the Parmesan mash

- While pork is cooking, transfer **mashed potato** to a heatproof bowl.
- Microwave until hot and steaming, **3 minutes**.
- Stir through **Parmesan cheese**, until combined. Season to taste.



Cook the pork

- Return pan to medium-high heat heat a drizzle of **olive oil**. Add **pork pieces** and press flat with a spatula to get medallions. Cook until browned and cooked through, **3-5 minutes** each side.
- Remove from heat. Add **sweet & savoury glaze**, tossing to coat.

TIP: Cook in batches if your pan is getting crowded!



Serve up

- Divide Parmesan mash, garlic greens and glazed pork fillet medallions between plates.
- Spoon over any remaining glaze from pan to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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