



Roast Pork Tenderloin & Niçoise Salad

with Goat Cheese & Mustard Vinaigrette

FRENCH FLAIR

Grab your meal kit
with this number

38



Chat Potatoes



Herb & Mushroom
Seasoning



Premium Pork
Fillet



Baby Capsicum



Baby Cos
Lettuce



Green Beans



Red Onion



Wholegrain Mustard



Kalamata Olives



Marinated Goat
Cheese



Parsley

Prep in: 25-35 mins
Ready in: 35-45 mins

Be transported to the colour and flavours of Nice with our French-inspired niçoise salad packed with colour and crunch. Top with tender pork fillet and zingy pickled onions for a memorable salad sensation.

Pantry items

Olive Oil, White Wine Vinegar, Honey

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
chat potatoes	1 medium packet	1 large packet
herb & mushroom seasoning	1 sachet	2 sachets
premium pork fillet	1 medium packet	2 medium packets
baby capsicum	3	6
baby cos lettuce	½ head	1 head
green beans	1 medium packet	2 medium packets
red onion	½	1
white wine vinegar*	1 tbs	2 tbs
wholegrain mustard	1 packet	2 packets
honey*	1 tsp	2 tsp
kalamata olives	1 packet	2 packets
marinated goat cheese	1 packet	2 packets
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3033kJ (724Cal)	395kJ (94Cal)
Protein (g)	61g	7.9g
Fat, total (g)	34.1g	4.4g
- saturated (g)	12.7g	1.7g
Carbohydrate (g)	40.8g	5.3g
- sugars (g)	12.6g	1.6g
Sodium (mg)	1848mg	240mg
Dietary Fibre (g)	11.2g	1.5g

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.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Halve **chat potatoes**.
- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.

2



Roast the pork

- Meanwhile, in a small bowl, combine **herb & mushroom seasoning** and a drizzle of **olive oil**.
- Heat a drizzle of **olive oil** in large frying pan over high heat. Add **premium pork fillet** to hot pan. Sear **pork** until browned, **1 minute** on all sides.
- Transfer to a second lined oven tray and spread **herb & mushroom mixture** all over. Roast for **12-14 minutes** for medium, or until cooked to your liking. Remove from oven, cover with foil, and rest for **10 minutes**.

TIP: *Pork can be served slightly blushing pink in the centre. It will also keep cooking while it rests!*

3



Get prepped

- While the potato and pork are roasting, thinly slice **baby capsicum**.
- Trim ends of **baby cos lettuce** (see ingredients) and separate leaves. Halve any larger leaves. Trim and halve **green beans**. Thinly slice **red onion** (see ingredients).
- In a small microwave-safe bowl, combine **onion**, the **white wine vinegar** and a good pinch of **sugar** and **salt**.
- Microwave **onion** for **30 second** bursts, until softened. Set aside to cool.

4



Steam the green beans

- Add **green beans** and a splash of **water** to a second microwave-safe bowl, then cover with a damp paper towel.
- Microwave **green beans** on high until just tender, **2-4 minutes**.
- Drain **green beans**, then return to the bowl and allow to cool slightly.

5



Make the vinaigrette

- In a large bowl, combine **wholegrain mustard**, the **honey** and a good drizzle of **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

6



Serve up

- Slice pork.
- To bowl with mustard vinaigrette, add roasted potato, cos lettuce, capsicum, green beans and **kalamata olives**. Toss to combine.
- Divide salad between bowls. Top with pork tenderloin and pickled onion.
- Crumble over **marinated goat cheese** and garnish with **parsley** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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