



Honey-Mustard Pork Fillet & Bacon Greens

with Cheesy Mash, Balsamic Dutch Carrots & Onion Chutney

Grab your Meal Kit with this symbol



Thyme



Dutch Carrots



Walnuts



Potato



Pea Pods



Green Beans



Garlic



Balsamic Glaze



Dijon Mustard



Premium Pork Fillet



Grated Parmesan Cheese



Diced Bacon



Caramelised Onion Chutney

Prep in: **20-30 mins**
Ready in: **35-45 mins**

The secret to a perfect roast is a quality cut, and this premium pork fillet is perfection. Served with all the trimmings - Parmesan-loaded mash, roasted dutch carrots, and onion chutney to bring it all together - meet your new go-to recipe for when you want something fancy without the fuss.

Pantry items

Olive Oil, Honey, Butter, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large frying pan · Two oven trays lined with baking paper · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 bag	1 bag
Dijon mustard	1 packet	2 packets
honey*	1 tbs	2 tbs
premium pork fillet	1 packet	2 packets
Dutch carrots	1 bag	2 bags
walnuts	1 medium packet	1 large packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
pea pods	1 small bag	1 medium bag
green beans	1 small bag	1 medium bag
garlic	1 clove	2 cloves
diced bacon	1 packet (90g)	1 packet (180g)
balsamic glaze	drizzle	drizzle
caramelised onion chutney	1 packet (40g)	2 packets (80g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3830kJ (915Cal)	533kJ (127Cal)
Protein (g)	65.7g	9.1g
Fat, total (g)	48.1g	6.7g
- saturated (g)	21.2g	2.9g
Carbohydrate (g)	53.7g	7.5g
- sugars (g)	27.1g	3.8g
Sodium (mg)	1023mg	142mg

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.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW42



Roast the pork fillet

- Preheat oven to **220°C/200°C fan-forced**.
- Pick **thyme** leaves. In a small bowl, combine **thyme, Dijon mustard** and the **honey**.
- In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season the **premium pork fillet** all over with **salt** and **pepper** and add to the hot pan. Sear until browned, **1 minute** on all sides.
- Transfer **pork** to a lined oven tray and coat with the **honey mustard mixture**. Roast for **12-14 minutes** for medium, or until cooked to your liking.
- Remove **pork** from oven, cover with foil and set aside to rest for **10 minutes**.

TIP: Pork can be served slightly blushing pink in the centre.



Prepare the greens

- While the pork is resting, trim **pea pods** and **green beans**.
- Finely chop **garlic**.



Roast the carrots

- While the pork is roasting, bring a medium saucepan of salted water to the boil.
- Trim the green tops from the **Dutch carrots** and scrub the **carrots** clean. Roughly chop **walnuts**.
- Place **carrots** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until golden and tender, **20-25 minutes**.
- When the **carrots** are done, transfer to a serving dish and sprinkle over the **walnuts**.



Cook the greens

- Return frying pan to a medium-high heat with a drizzle of **olive oil**.
- Cook **green beans** and **diced bacon**, breaking up **bacon** with a spoon, until **beans** are tender, **4-5 minutes**.
- Add **pea pods** and **garlic** and cook, stirring, until fragrant, **1-2 minutes**.



Make the mash

- While the carrots are roasting, peel the **potato** and cut into bite-sized chunks.
- Cook **potato** in the boiling water until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **butter**, the **milk** and **grated Parmesan cheese** to the **potato**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled!



Serve up

- Slice pork and divide between plates.
- Take the baby carrots, cheesy mash and garlic bacon greens to the table.
- Drizzle **balsamic glaze** over carrots.
- Serve with **caramelised onion chutney**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.com.au/rate