



Pepper-Crusted Pork Fillet & Onion Sauce

with Roast Potato & Sage-Butter Veggies

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Potato



Garlic & Herb Seasoning



Black Peppercorns



Baby Broccoli



Silverbeet



Carrot



Sage



Garlic



Roasted Almonds



Caramelised Onion Chutney



Chicken Stock Pot



Premium Pork Fillet

Recipe Update

Farmers across Australia are still experiencing the impacts of the recent heavy rains. This is affecting our supply of fresh veggies and as such, you may notice some changes to your ingredients. Don't worry, your recipe will be just as delicious!

Prep in: **30-40** mins
Ready in: **40-50** mins

Press a premium pork fillet into crushed black peppercorns before searing and then roasting it, and you'll be in for a treat - especially when you top it off with a sweet and savoury onion sauce. Serve with a couple of simple but stellar sides, before completing the meal with a decadent dessert that screams winter.

Pantry items

Olive Oil, Butter

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

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
garlic & herb seasoning	1 medium sachet	1 large sachet
black peppercorns	1 large sachet	2 large sachets
premium pork fillet	1 packet	2 packets
baby broccoli	1 bunch	2 bunches
silverbeet	1 medium bag	1 large bag
carrot	1	2
sage	1 bag	1 bag
garlic	3 cloves	6 cloves
butter*	40g	80g
caramelised onion chutney	1 packet (40g)	2 packets (80g)
water*	¼ cup	½ cup
roasted almonds	1 medium packet	1 large packet
chicken stock pot	1 packet (20g)	1 packet (40g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3235kJ (773Cal)	497kJ (119Cal)
Protein (g)	57.4g	8.8g
Fat, total (g)	38.4g	5.9g
- saturated (g)	16.1g	2.5g
Carbohydrate (g)	45.8g	7g
- sugars (g)	15.3g	2.4g
Sodium (mg)	1315mg	202mg

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.



Roast the potato & get prepped

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat.
- Roast **potato** until tender, **20-25 minutes**.
- Meanwhile, crush **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin. Spread crushed **peppercorns** over a plate, then combine with a generous pinch of **salt**.



Make the sage-butter sauce

- Return frying pan to medium-high heat with a drizzle of **olive oil** and 1/2 the **butter**.
- Cook **sage** and remaining **garlic** until fragrant, **1 minute**.
- Transfer **sage-butter sauce** to the bowl with the **veggies**. Cover again to keep warm.



Cook the pork fillet

- Pat **premium pork fillet** dry with paper towel. Drizzle **pork** with **olive oil**, then press each side firmly into crushed **peppercorns**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. When oil is hot, sear **pork** until browned, **1 minute** on all sides.
- Transfer seared **pork** to a second lined oven tray. Roast for **12-14 minutes** for medium, or until cooked to your liking.
- Remove **pork** from oven, then cover with foil and set aside to rest for **10 minutes**.

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



Make the onion sauce

- Return pan to low heat.
- Cook **caramelised onion chutney**, the **water**, **chicken stock pot**, remaining **butter** and any pork **resting juices**, stirring, until slightly thickened, **1-2 minutes**.
- Remove from heat.



Cook the veggies

- While the pork is roasting, trim ends of **baby broccoli**. Roughly chop **silverbeet**. Thinly slice **carrot** into half-moons. Pick and roughly chop **sage**. Finely chop **garlic**.
- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **carrot** until almost tender, **3-4 minutes**.
- Add **silverbeet** and 1/2 the **garlic** and cook until fragrant, **2-3 minutes**.
- Transfer **veggies** to a bowl. Cover to keep warm.



Serve up

- Roughly chop **roasted almonds**.
- Slice pepper-crusted pork fillet.
- Divide pork fillet, roast potato and sage-butter veggies between plates.
- Spoon onion sauce over pork fillet.
- Sprinkle with chopped almonds to serve. Enjoy!

We're here to help!

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Sticky Date Pudding

with Salted Caramel Sauce & Cream

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Pitted Dates



Basic Sponge
Mix



Brown Sugar



Caramel Sauce



Thickened Cream

Prep in: 20 mins
Ready in: 50 mins

Finish your dinner off with the very best kind of pudding – sticky date! Cakey on top and densely rich underneath, it's studded with chewy dates and topped off with an oozy caramel sauce for an indulgent dessert that never fails to please.

Pantry items

Butter, Eggs

Before you start

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

You will need

15cm x 20cm baking dish · Small saucepan

Ingredients

	4 People
pitted dates	1 medium packet
boiling water*	½ cup
butter*	110g
basic sponge mix	½ medium packet
brown sugar	½ packet
eggs*	2
caramel sauce	2 packets
thickened cream	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3992kJ (954Cal)	1280kJ (305Cal)
Protein (g)	16.5g	5.3g
Fat, total (g)	31.6g	10.1g
- saturated (g)	18.5g	5.9g
Carbohydrate (g)	145.3g	46.6g
- sugars (g)	71.5g	22.9g
Sodium (mg)	1686mg	541mg

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1



Soak the dates

- Boil the kettle. Preheat oven to **200°C/180°C fan-forced**.
- Roughly chop **pitted dates**.
- Pour 1/2 cup boiling water into a large heatproof bowl, then stir in **dates**. Set aside until water is lukewarm, **10 minutes**.

TIP: Reserve the water as it's used in step 2!

3



Bake the pudding

- Pour **pudding batter** into the greased baking dish. Bake until just firm to the touch, **35-40 minutes**.
- When the pudding has **5 minutes** remaining, heat a small saucepan over medium heat. Cook **caramel sauce**, whisking, until it starts to bubble, **4-5 minutes**.
- When the pudding is ready, poke a few holes in the pudding. Pour over **caramel sauce**.

TIP: To check if the pudding is done, stick a toothpick or skewer in the centre. It should come out clean.

2



Prep the pudding

- While the dates are soaking, generously grease the base and sides of the baking dish.
- Melt the **butter** in the microwave or a saucepan.
- To the bowl with the soaked **dates**, add **basic sponge mix** (see ingredients), **brown sugar** (see ingredients), melted **butter** and the **eggs**. Mix until well combined.

4



Serve up

- Divide sticky date pudding between plates.
- Serve with **thickened cream**. Enjoy!

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