



Rosemary & Caramelised Onion Pork Fillet

with Almonds & Fetta

Grab your Meal Kit with this symbol



Potato



Baby Carrots



Garlic



Rosemary



Caramelised Onion Chutney



Premium Pork Fillet



Asparagus



Slivered Almonds



Fetta Cheese

- Hands-on: **30-40 mins**
- Ready in: **45-55 mins**
- Naturally **gluten-free**
Not suitable for Coeliacs

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

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
baby carrots	1 bunch	2 bunches
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
caramelised onion chutney	1 tub	2 tubs
balsamic vinegar*	1 tbs	2 tbs
premium pork fillet	1 packet	2 packets
asparagus	1 bunch	2 bunches
slivered almonds	1 packet	2 packets
fetta cheese	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2960kJ (707Cal)	454kJ (108Cal)
Protein (g)	62.9g	9.6g
Fat, total (g)	30.4g	4.7g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	40.2g	6.2g
- sugars (g)	14.5g	2.2g
Sodium (mg)	625mg	96mg

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 the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm wedges. Trim the green tops from the **baby carrots**. Place the **potato** and **baby carrots** on an oven tray lined with baking paper. Drizzle generously with **olive oil** and season with the **salt** and **pepper**. Roast the veggies until golden and cooked through, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Roast the pork

Roast the pork for **12-14 minutes** for medium or until cooked to your liking. Remove the tray from the oven, cover the **pork** loosely with foil and 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 the **garlic**. Pick the **rosemary** leaves and finely chop. In a medium bowl, combine the **garlic**, **rosemary**, **caramelised onion chutney** and **balsamic vinegar**. Drizzle with **olive oil** and stir to combine.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



Start the pork

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **pork fillet** all over with **salt** and **pepper**. When the pan is hot, cook the pork, turning, until browned all over, **4 minutes**. Transfer to a second oven tray lined with baking paper. Spoon the **caramelised 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 the frying pan and return to a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **asparagus**, tossing, until just tender, **4-6 minutes**. Season with **salt** and **pepper**.



Serve up

Slice the caramelised onion pork fillet. Divide the roasted veggies and asparagus between plates. Top with the sliced pork and spoon over the juices from the tray. Sprinkle with slivered almonds and crumble over the **fetta**.

Enjoy!