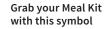


Peppercorn-Crusted Pork Fillet & Roast Potato

with Caramelised Onion Sauce & Garlicky Greens

WINTER SPECIAL









Seasoning



Black Peppercorns

Tenderised Pork





Green Beans











Roasted Almonds

Baby Broccoli



Onion Chutney

Chicken-Style

Stock Powder

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

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

Two oven trays lined with baking paper \cdot Large frying pan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
Moemoe potato	2	4		
garlic & herb seasoning	1 medium sachet	1 large sachet		
black peppercorns	1 sachet	2 sachets		
tenderised pork fillet	1 packet	2 packets		
silverbeet	1 bag	1 bag		
green beans	1 bag (100g)	1 bag (200g)		
sage	1 bag	1 bag		
garlic	3 cloves	6 cloves		
roasted almonds	1 packet	2 packets		
baby broccoli	1 bag	2 bags		
butter*	20g	40g		
onion chutney	1 packet (40g)	1 packet (80g)		
chicken-style stock powder	1 medium sachet	1 large sachet		
water*	1/4 cup	½ cup		

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	419kJ (100Cal)
Protein (g)	40.6g	6.8g
Fat, total (g)	24.7g	4.1g
- saturated (g)	8.9g	1.5g
Carbohydrate (g)	50.6g	8.5g
- sugars (g)	22g	3.7g
Sodium (mg)	1718mg	287mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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 Dry Riesling or Chardonnay



Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut Moemoe 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.
- Spread out evenly, then roast 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.



Cook the pork fillet

- Pat tenderised pork fillet dry with paper towel.
 Drizzle pork with olive oil, then press each side firmly into peppercorn-salt mixture.
- In a large frying pan, heat a drizzle of olive oil over high heat. Cook pork, turning, until browned all over, 4 minutes.
- Transfer seared pork to a second lined oven tray.
 Roast for 15-16 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.



Get prepped

 While the pork is roasting, roughly chop silverbeet. Trim green beans. Pick and roughly chop sage. Finely chop garlic. Roughly chop roasted almonds.



Cook the garlicky greens

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook baby broccoli, green beans and silverbeet until tender, 5-6 minutes.
- Add half the garlic and cook until fragrant,
 1 minute. Season with salt and pepper and transfer to a bowl. Cover to keep warm.



Make the onion sauce

- Return pan to low heat with the **butter**.
- Cook sage and remaining garlic until fragrant,
 1 minute.
- Add onion chutney, chicken-style stock powder, the water and any pork resting juices and simmer until reduced, 1-2 minutes.



Serve up

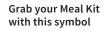
- Slice peppercorn-crusted pork fillet.
- Divide pork fillet, roast potato and garlicky greens between plates.
- Spoon caramelised onion sauce over pork fillet.
- Garnish with almonds to serve. Enjoy!





Spiced Apple & Pear Crumble with Vanilla Custard

WINTER SPECIAL





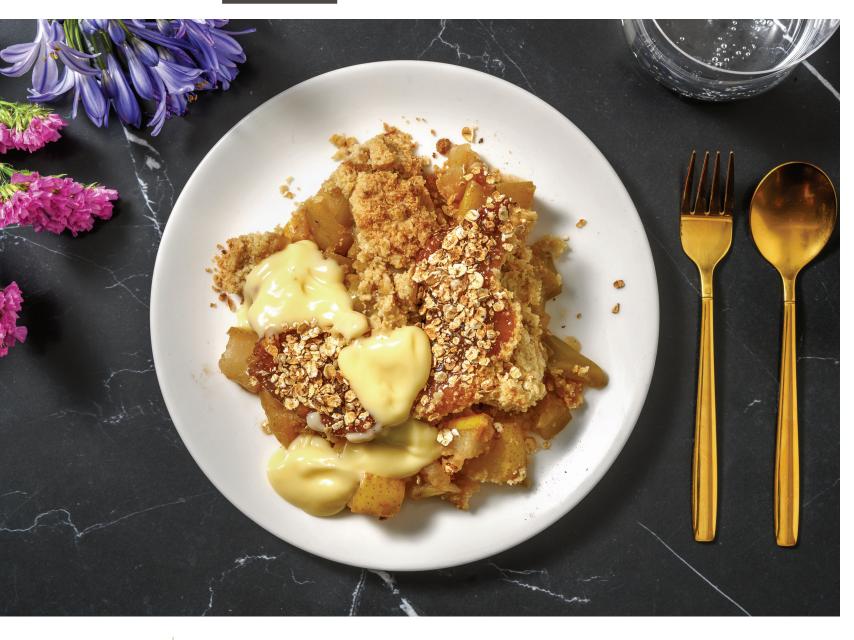






Classic Oat

Vanilla Custard



Prep in: 20-30 mins Ready in: 45-55 mins

Golden, crumbly and simply delicious, it's no wonder the classic crumble never fails to please. Once you have one bite of this delectable treat, you'll be wanting more!

Pantry items

Cinnamon, Brown Sugar, Butter

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

15cm x 20cm medium baking dish · Small saucepan

Ingredients

	4 People
apple	2
pear	2
cinnamon*	1 tsp
brown sugar*	20g
water*	1 tbs
butter*	100g
classic oat mix	1 packet
vanilla custard	1 packet

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	6219kJ (1486Cal)	869kJ (207Cal)
Protein (g)	22.8g	3.2g
Fat, total (g)	67.7g	9.5g
- saturated (g)	41.9g	5.9g
Carbohydrate (g)	188g	26.3g
- sugars (g)	103.2g	14.4g
Sodium (mg)	561mg	78mg

The quantities provided above are averages only.
*Nutritional information is based on 4 servings

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Get prepped

- Preheat oven to 220°C/200°C fan-forced.
- Cut apple and pear into small chunks.

TIP: For a more traditional crumble, peel the fruit before cutting into chunks.



Make the spiced fruit

 In a medium baking dish, combine apple, pear, the cinnamon, brown sugar, the water and a pinch of salt. Set aside.



Make the crumble mixture

- In a small saucepan, melt the **butter** over a low heat. Remove from heat.
- Add classic oat mix to melted butter and stir to combine.



Top the fruit with crumble

 Sprinkle the crumble mixture over the spiced fruit and spread evenly.



Bake the crumble

• Bake **crumble** until the topping is golden and the fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



Serve up

- Divide spiced apple and pear crumble between bowls.
- Serve with vanilla custard. Enjoy!



Did we make your tastebuds happy?
Let our culinary team know: hellofresh.co.nz/rate