

Peppercorn-Crusted Pork Fillet & Roast Potato

with Caramelised Onion Sauce & Garlicky Greens

WINTER SPECIAL

Grab your Meal Kit with this symbol



Moemoe Potato



Garlic & Herb Seasoning



Black Peppercorns



Tenderised Pork Fillet



Silverbeet



Green Beans



Sage



Garlic



Roasted Almonds



Baby Broccoli




Onion Chutney



Chicken-Style Stock Powder

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

 Calorie Smart

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 · Large frying pan

Ingredients

	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*	¼ 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 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.



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.



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**.



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**.



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!

We're here to help!

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Spiced Apple & Pear Crumble

with Vanilla Custard

WINTER SPECIAL

Grab your Meal Kit
with this symbol



Apple



Pear



Classic Oat
Mix



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!

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2023 | CW28

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