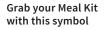
Walnut-Crusted Pork Tenderloin

with Caramelised Apple Chutney & Cheesy Hasselback Potatoes

GOURMET PLUS









Potato





Walnuts

Tenderised Pork



Garlic & Herb



Seasoning



Baby Broccoli



Green Beans





Lemon



Onion Chutney



Chicken-Style Stock Powder



A five-star dinner doesn't need to take hours to prepare and you certainly don't need to be a renowned chef either to pull this dish off. Roasted potatoes are spruced up by baking a layer of sharp Parmesan on top and this pork is getting the ultimate treatment by dressing it in a walnut crust. A luxurious dinner without the trouble.

Pantry items

Olive Oil, Honey, 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

Inaredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
grated Parmesan cheese	1 medium packet	1 large packet	
walnuts	1 packet	2 packets	
tenderised pork fillet	1 packet	2 packets	
garlic & herb seasoning	1 sachet	1 sachet	
honey*	1 tbs	2 tbs	
green beans	1 bag (200g)	1 bag (400g)	
baby broccoli	1 bag	1 bag	
apple	1	2	
lemon	1/2	1	
sage	1 bag	1 bag	
butter*	20g	40g	
onion chutney	1 packet (80g)	2 packets (160g)	
water*	½ cup	1 cup	
chicken-style stock powder	1 medium sachet	1 large sachet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3180kJ (760Cal)	474kJ (113Cal)
Protein (g)	42.1g	6.3g
Fat, total (g)	33.1g	4.9g
- saturated (g)	12g	1.8g
Carbohydrate (g)	69.4g	10.3g
- sugars (g)	40.7g	6.1g
Sodium (mg)	1782mg	266mg

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.

Fancu a drop?

We recommend pairing this meal with Chardonnay or Riesling



Roast the hasselback potatoes

- Preheat oven to 240°C/220°C fan-forced. Cut each **potato** in half lengthways.
- Place one potato half, flat-side down, on a board between two wooden spoon handles (or chopsticks). Thinly slice potato downwards without cutting all the way through. Repeat with remaining potatoes.
- Place potatoes on a lined oven tray, flat-side down. Season with salt and pepper and drizzle with olive oil. Toss gently to combine and roast until tender, 30-35 minutes.
- In last **5 minutes** of cook time, remove from oven, sprinkle with grated Parmesan cheese, then bake until golden and crispy.



Roast the pork

- While the potatoes are roasting, finely chop walnuts.
- In a medium bowl, combine tenderised pork fillet, garlic & herb seasoning and a drizzle of
- In a large frying pan, heat a drizzle of **olive** oil over high heat. Cook pork, turning, until browned all over, 4 minutes.
- Transfer to a second lined oven tray. Spread the honey over pork. Sprinkle with walnuts and drizzle with olive oil. Season with salt and pepper.
- Roast pork for 15-16 minutes for medium, or until cooked to your liking. Cover loosely with foil. Set aside to rest for 10 minutes.



Get prepped

- While the pork is roasting, trim green beans. Cut any thick stalks of **baby broccoli** lengthways. Finely chop apple. Zest lemon to get a pinch and cut into wedges.
- Pick and thinly slice sage leaves.



Cook the greens

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook green beans and baby broccoli until tender, 5-6 minutes.
- Add a squeeze of **lemon juice** and season to taste. Transfer to the serving plates and cover to keep warm.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Caramelise the apple

- · Wipe out the frying pan, then return to medium heat with the butter. Cook apple and sage, tossing occasionally, until browned, 4-6 minutes.
- · Add onion chutney, lemon zest, the water and **chicken-style stock powder**. Stir to combine and simmer until slightly reduced, 2-3 minutes. Season to taste.



Serve up

- Slice walnut-crusted pork tenderloin.
- Divide pork and cheesy hasselback potatoes between plates with the greens.
- Top pork with caramelised apple chutney.
- · Serve with any remaining lemon wedges. Enjoy!



Scan here if you have any questions or concerns





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