

# Walnut-Crusted Pork Tenderloin

with Caramelised Apple Chutney & Cheesy Hasselback Potatoes

GOURMET PLUS

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Walnuts



Tenderised Pork Fillet



Garlic & Herb Seasoning



Green Beans



Baby Broccoli



Apple



Lemon



Sage



Onion Chutney



Chicken-Style Stock Powder

Prep in: 35-45 mins  
Ready in: 45-55 mins

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>honey*</b>	1 tbs	2 tbs
green beans	1 bag (200g)	1 bag (400g)
baby broccoli	1 bag	1 bag
apple	1	2
lemon	½	1
sage	1 bag	1 bag
<b>butter*</b>	20g	40g
onion chutney	1 packet (80g)	2 packets (160g)
<b>water*</b>	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](https://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 Chardonnay or Riesling

## We're here to help!

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2023 | CW30



## 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.



## 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.



## 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 **olive oil**.
- 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**.



## 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.



## 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.



## 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!

## Rate your recipe

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