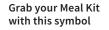
Tuscan-Style Pork Tenderloin with Herb-Tomato Sauce & Roasted Baby Potatoes

GOURMET PLUS









Baby Potatoes

Tuscan Herb Seasoning



Tenderised Pork



Parsley

Tomato



Cavolo Nero

Baby Broccoli

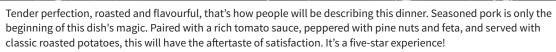
Balsamic & Olive Oil Dressing

Pine Nuts



Chilli Flakes (Optional)

Cow's Milk Feta



Prep in: 30-40 mins

Ready in: 35-45 mins

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
baby potatoes	1 bag (400g)	2 bags (800g)	
Tuscan herb seasoning	1 sachet	2 sachets	
tenderised pork fillet	1 packet	2 packets	
garlic	2 cloves	4 cloves	
parsley	1 bag	1 bag	
tomato	1	2	
cavolo nero kale	1 bag	1 bag	
baby broccoli	1 bag	1 bag	
pine nuts	1 packet	2 packets	
balsamic & olive oil dressing	1 packet	2 packets	
chilli flakes ∮ (optional)	pinch	pinch	
butter*	40g	80g	
brown sugar*	½ tsp	1 tsp	
cow's milk feta	1/4 packet (47.5g)	½ packet (95g)	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2685kJ (642Cal)	471kJ (113Cal)
Protein (g)	40.8g	7.2g
Fat, total (g)	37g	6.5g
- saturated (g)	17.5g	3.1g
Carbohydrate (g)	36.7g	6.4g
- sugars (g)	7.6g	1.3g
Sodium (mg)	1432mg	251mg
Dietary Fibre (g)	9.9g	1.7g

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 Chardonnay or Riesling



Roast the potatoes

- Preheat oven to 240°C/220°C fan-forced.
- · Halve the baby potatoes.
- Place potatoes on a lined oven tray. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast until tender, 25-30 minutes.



Cook the pork

- Meanwhile, combine Tuscan herb seasoning and a drizzle of olive oil in a medium bowl. Add tenderised pork fillet and turn to coat.
- Heat a large frying pan over medium-high heat with a drizzle of olive oil. When oil is hot, cook pork, turning, until browned all over, 4 minutes.
- Transfer pork to a second lined oven tray and roast for 15-16 minutes for medium, or until cooked to your liking.
- Remove tray from the oven, then cover pork 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, finely chop garlic.
 Roughly chop parsley. Finely chop tomato.
 Roughly chop cavolo nero kale, discarding any larger pieces of stalk. Halve baby broccoli lengthways.
- Wipe out the frying pan, then return to medium-high heat. Toast pine nuts, tossing, until golden, 3-4 minutes. Transfer to a bowl.



Cook the greens

- Return the frying pan to medium-high heat with a drizzle of olive oil. Cook baby broccoli until tender, 2-3 minutes.
- Add kale and cook until tender, 2-3 minutes.
- Transfer to a bowl, drizzle with balsamic & olive oil dressing. Season and cover to keep warm.

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



Make the sauce

- Return the frying pan to medium heat with a
 drizzle of olive oil. Cook tomato, garlic, parsley
 and a pinch of chilli flakes (if using), stirring
 occasionally, lightly crushing the tomato until
 softened, 4-5 minutes.
- Add the butter, brown sugar and a splash of water. Cook until slightly reduced and thickened, 1-2 minutes. Toss to combine. Season to taste.



Serve up

- Slice Tuscan-style pork fillet. Divide pork, roasted baby potatoes and balsamic greens between plates.
- Top pork with herb-tomato sauce and crumble over **feta (see ingredients)**.
- Garnish with toasted pine nuts to serve. Enjoy!



