



# Tuscan-Style Pork Tenderloin

with Herb-Tomato Sauce & Roasted Baby Potatoes

GOURMET PLUS

Grab your Meal Kit with this symbol



Baby Potatoes



Tuscan Herb Seasoning



Tenderised Pork Fillet



Garlic



Parsley



Tomato



Cavolo Nero Kale



Baby Broccoli



Pine Nuts



Balsamic & Olive Oil Dressing



Chilli Flakes (Optional)



Cow's Milk Feta

Prep in: 30-40 mins  
Ready in: 35-45 mins

Carb Smart

Tender perfection, roasted and flavourful, that's how people will be describing this dinner. Seasoned pork is only the beginning of this dish's magic. Paired with a rich tomato sauce, peppered with pine nuts and feta, and served with classic roasted potatoes, this will have the aftertaste of satisfaction. It's a five-star experience!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Butter, Brown Sugar

## 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
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
<b>butter*</b>	40g	80g
<b>brown sugar*</b>	½ tsp	1 tsp
cow's milk feta	¼ 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](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

1



## 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**.

4



## 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.

2



## 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.

5



## 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.

3



## 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.

6



## 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!

## We're here to help!

Scan here if you have any questions or concerns



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