



# Pork Tenderloin & Red Wine Mushroom Sauce

with Goat Cheese Greens & Thyme Pumpkin Wedges

GOURMET PLUS

Grab your Meal Kit with this symbol



Tenderised Pork Fillet



Herb & Mushroom Seasoning



Thyme



Peeled Pumpkin Pieces



Baby Broccoli



Button Mushrooms



Garlic



Lemon



Red Wine Jus



Goat Cheese

Prep in: 25-35 mins  
Ready in: 30-40 mins

Carb Smart

Tender perfection, roasted and flavourful, that's how people will be describing this dinner once they're done licking the plates. Seasoned pork tenderloin is only the beginning of this dish with it's warming magic, paired with a rich red wine and mushroom sauce and a serving of goat cheese sprinkled greens for that shot of flavour. Tonight's dinner will have the aftertaste of satisfaction.

### 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
tenderised pork fillet	1 packet	2 packets
herb & mushroom seasoning	1 sachet	2 sachets
thyme	1 bag	1 bag
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
baby broccoli	1 bag	1 bag
button mushrooms	1 packet	1 packet
garlic	3 cloves	6 cloves
lemon	½	1
<b>butter*</b>	20g	40g
red wine jus	1 medium packet	1 large packet
goat cheese	1 packet (100g)	2 packets (200g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2362kJ (565Cal)	343kJ (82Cal)
Protein (g)	46.2g	6.7g
Fat, total (g)	29.8g	4.3g
- saturated (g)	15.2g	2.2g
Carbohydrate (g)	22g	3.2g
- sugars (g)	14.4g	2.1g
Sodium (mg)	1389mg	202mg
Dietary Fibre (g)	7.4g	1.1g

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 Pinot Noir or Grenache



## Roast the pork

- Preheat oven to **240°C/220°C fan-forced**.
- In a large bowl, combine **tenderised pork fillet**, **herb & mushroom 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 lined oven tray. Roast **pork** for **15-16 minutes** for medium, or until cooked to your liking. Cover with foil. Set aside to rest for **10 minutes**.



## Cook the greens

- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **2-3 minutes**.
- Add **lemon zest** and half the **garlic** and cook until fragrant, **1 minute**.
- Remove pan from heat, then add a squeeze of **lemon juice** and season to taste. Transfer to a bowl and cover to keep warm.



## Roast the pumpkin

- Meanwhile, pick **thyme** leaves.
- Cut **peeled pumpkin pieces** into thin wedges.
- Place **pumpkin** on a second lined oven tray. Sprinkle over **thyme**, drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **15-20 minutes**.



## Make the sauce

- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**. Cook **mushrooms** until browned and softened, **6-8 minutes**.
- Reduce heat to medium-low, add the remaining **garlic**, and cook until fragrant, **1 minute**.
- Remove pan from heat, then add **red wine jus** and stir until slightly reduced. Season to taste.

**TIP:** Add a splash of water if the sauce looks too thick.



## Get prepped

- Meanwhile, halve **baby broccoli** lengthways. Thinly slice **button mushrooms**. Finely chop **garlic**. Zest **lemon** to get a pinch, then slice into wedges.



## Serve up

- Slice the pork tenderloin.
- Divide pork, greens and pumpkin wedges between plates.
- Pour red wine mushroom sauce over pork.
- Crumble **goat cheese** over greens and pumpkin. Serve with any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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