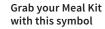


Pork Tenderloin & Red Wine Mushroom Sauce

with Goat Cheese Greens & Thyme Pumpkin Wedges

GOURMET PLUS









Tenderised Pork Fillet

Herb & Mushroom Seasoning





Thyme

Peeled Pumpkin





Baby Broccoli

Button Mushrooms







Lemon

Red Wine

Goat Cheese





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.



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

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	2 People	4 People	
olive oil*	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	1/2	1	
butter*	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 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.



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.



Get prepped

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



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.



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.



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!



