



# Bacon & Parsley Crumbed Pork Tenderloin

with Parmesan Roast Potatoes, Pear Salad & Mayonnaise

PUB BISTRO

Grab your Meal Kit with this symbol



Tenderised Pork Fillet



Potato



Grated Parmesan Cheese



Pear



Onion



Garlic



Parsley



Diced Bacon



Panko Breadcrumbs



Rocket Leaves



Mayonnaise

Prep in: 25-35 mins  
Ready in: 35-45 mins

A pub-style dinner demands all the works, like a herby bacon topping to go on crumbed pork. Working its way up to being our favourite addition are the sliced and roasted cheesy potatoes, they really make your mouth water!

### Pantry items

Olive Oil, Balsamic Vinegar



## 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
potato	2	4
grated Parmesan cheese	1 medium packet	1 large packet
pear	1	2
onion	½	1
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
diced bacon	1 packet	1 packet
panko breadcrumbs	½ medium packet	1 medium packet
<b>balsamic vinegar*</b>	drizzle	drizzle
rocket leaves	1 medium bag	1 large bag
mayonnaise	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3215kJ (768Cal)	570kJ (136Cal)
Protein (g)	47.2g	8.4g
Fat, total (g)	39.6g	7g
- saturated (g)	11.9g	2.1g
Carbohydrate (g)	55g	9.7g
- sugars (g)	19.3g	3.4g
Sodium (mg)	1251mg	222mg

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 beer?

We recommend pairing this meal with Pale Ale or Lager

## We're here to help!

Scan here if you have any questions or concerns

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## Sear the pork

- Preheat oven to **220°C/200°C fan-forced**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season **tenderised pork fillet** all over with **salt** and **pepper**, then add to the hot pan. Cook **pork**, turning, until browned all over, **4 minutes**.

4



## Make the bacon crumb

- While the potato is roasting, thinly slice **pear**. Finely chop **onion** (see ingredients). Finely chop **garlic**. Roughly chop **parsley**.
- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **onion** and **diced bacon**, breaking up bacon with a spoon, until tender, **5-7 minutes**.
- Add **panko breadcrumbs** (see ingredients), **parsley** and **garlic**. Cook, stirring, until fragrant and golden brown, **2-3 minutes**. Transfer to a bowl.

2



## Roast the pork

- Transfer seared **pork** to a lined oven tray.
- Roast **pork** for **15-16 minutes** for medium, or until cooked to your liking.
- Remove from oven, cover with foil and rest for **10 minutes**.

**TIP:** Pork can be served slightly blushing pink in the centre.

5



## Toss the salad

- While the pork is resting, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Add **pear** and **rocket leaves**.
- Season, then toss to combine.

3



## Roast the potato

- While the pork is roasting, thinly slice **potato** into rounds.
- Place **potato** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and sprinkle with **grated Parmesan cheese**.
- Roast until tender, **20-25 minutes**.

6



## Serve up

- Slice the pork.
- Divide pork (plus any resting juices!), Parmesan potatoes and pear salad between plates.
- Top pork with bacon-parsley crumb.
- Serve with **mayonnaise**. Enjoy!

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