



Roast Pork Tenderloin & Cherry Gravy

with Golden Potatoes, Pumpkin & Brussels Sprout Salad

TASTE TOURS

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Potato



Brussels Sprouts



Peeled Pumpkin Pieces



Tenderised Pork Fillet



Aussie Spice Blend



Lemon



Flaked Almonds



Mixed Salad Leaves



Grated Parmesan Cheese



Gravy Granules



Cherry Sauce

Recipe Update

We've replaced the rainbow carrots in this recipe with peeled pumpkin pieces due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

Get ready to elevate your dining experience with this mouthwatering feast. Succulent pork tenderloin is roasted to juicy perfection and paired with a luscious cherry gravy for a sweet and tangy twist. A medley of delicious sides act as the real cherry on top - who could ask for more!

Pantry items

Olive Oil

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
olive oil*	refer to method	refer to method
potato	2	4
Brussels sprouts	1 medium packet	1 large packet
peeled pumpkin pieces	1 small packet	1 medium packet
tenderised pork fillet	1 packet	2 packets
Aussie spice blend	1 medium sachet	1 large sachet
lemon	½	1
flaked almonds	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
gravy granules	1 medium sachet	2 medium sachets
boiling water*	½ cup	1 cup
cherry sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2446kJ (585Cal)	354kJ (85Cal)
Protein (g)	42.5g	6.2g
Fat, total (g)	15g	2.2g
- saturated (g)	5.4g	0.8g
Carbohydrate (g)	63.3g	9.2g
- sugars (g)	41.2g	6g
Sodium (mg)	1662mg	241mg
Dietary Fibre (g)	13.1g	1.9g

The quantities provided above are averages only.

Allergens

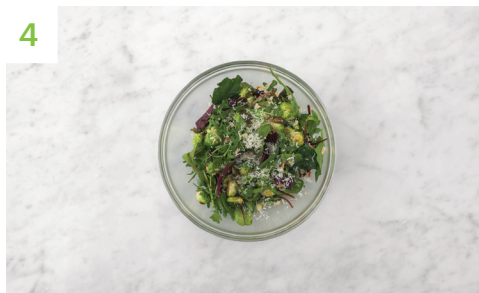
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **240°C/220°C**. Boil the kettle.
- Cut **potato** into large chunks.
- Halve **Brussels sprouts**.
- In a medium bowl, combine **tenderised pork fillet**, **Aussie spice blend**, a pinch of **salt** and a drizzle of **olive oil**.



Make the Brussels sprout salad

- Boil the kettle. Slice **lemon** into wedges.
- Wipe out and return frying pan to medium-high heat. Toast **flaked almonds**, tossing, until golden, **2-3 minutes**.
- When the Brussels sprouts are done, transfer to a second medium bowl. Add **mixed salad leaves**, **grated parmesan cheese**, **almonds**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Toss to combine and season to taste.



Roast the potato and pumpkin

- Place **potatoes** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until just tender, **25-30 minutes**.
- When potatoes have **15 minutes** remaining, add **peeled pumpkin pieces** to the tray. Return to the oven for a further **15 minutes**.



Make the gravy

- In a third medium bowl, combine **gravy granules** and the **boiling water** (½ cup for 2 people / 1 cup for 4 people), whisking, until smooth, **1 minute**.
- Add **cherry sauce** and **pork** resting juices, then stir to combine. Season and set aside.



Roast the pork and sprouts

- Meanwhile, 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 one side of a lined oven tray.
- Place **Brussels Sprouts** on the tray with the **pork**. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Arrange cut side down.
- Roast for **16-18 minutes** for medium, or until cooked to your liking.
- Cover **pork** with foil. Set aside to rest for **10 minutes**.



Serve up

- Slice pork.
- Bring everything to the table. Help yourself to some pork tenderloin, cherry gravy, roasted veggies and Brussels sprout salad. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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Smashed Meringues & Berry Compote

with Charred Pineapple & Whipped Cream

MOTHER'S DAY SPECIAL

Grab your Meal Kit with this symbol



Mint



Pineapple Slices



Cream



Vanilla-Flavoured
Essence



Meringue Nests



Berry Compote

Prep in: **15-25 mins**
Ready in: **20-30 mins**

Indulge in the sublime harmony of crunchy meringue pieces paired with soft whipped cream, cut through with a tart berry compote and sweet pineapple. This decadent dessert blends textures and flavours, offering a spectacular taste experience that'll leave you wanting more!

Before you start

Wash your hands and any fresh food

If you're cooking for 6, double the quantities and store any leftovers in an airtight container.

You will need

Large frying pan · Electric beaters

Ingredients

	4 People
mint	1 packet
pineapple slices	1 tin
cream	1 packet
vanilla-flavoured essence	1 medium packet
meringue nests	8
berry compote	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving*	Per 100g
Energy (kJ)	3066kJ (732Cal)	885kJ (211Cal)
Protein (g)	6.5g	1.9g
Fat, total (g)	45.2g	13g
- saturated (g)	29.8g	8.6g
Carbohydrate (g)	72.9g	21g
- sugars (g)	71g	20.5g
Sodium (mg)	92mg	27mg
Dietary Fibre (g)	1g	0.3g

The quantities provided above are averages only.

*Nutritional information is based on 4 servings.

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1



Get prepped

- Pick and thinly slice **mint leaves**. Drain **pineapple slices**.

2



Char the pineapple

- Heat a large frying pan over high heat. Cook **pineapple slices** until lightly charred, **2-3 minutes** each side. Transfer to a bowl and set aside.

3



Whip the cream

- Using electric beaters, whisk **cream** and **vanilla-flavoured essence** in a large bowl until soft peaks form and almost doubled in size, **1-2 minutes**.

TIP: If you don't have an electric beater, use a hand whisk and whisk for 3-4 minutes!

TIP: Chill both your bowl and cream before whipping to produce a larger increase in volume!

4



Prep the meringues

- Using your hands, break up **meringue nests** into large chunks and arrange on a serving platter.

5



Assemble the meringues

- Dollop cream on top of meringue chunks.
- Top with some **berry compote** and scatter over **charred pineapple**.

6



Serve up

- Garnish with mint to serve. Enjoy!

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