



Parsley Butter Pork Tenderloin

with Dauphinoise Potatoes & Baby Rainbow Carrots

GOURMET

Grab your meal kit
with this number

15



Potato



Garlic



Parsley



Baby Rainbow Carrots



Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Tenderised Pork Fillet



Baby Broccoli

Prep in: 30-40 mins
Ready in: 1 hr-1 hr 10 mins

Bring some French-inspired flair to your table with this sublime dish! Starting with a premium pork fillet and some creamy dauphinoise potatoes, and finishing with roasted baby carrots and crisp sautéed baby broccoli, you're in for a treat!

Pantry items

Olive Oil, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan · Medium or large baking dish · 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
garlic	4 cloves	8 cloves
parsley	1 packet	1 packet
baby rainbow carrots	½ large packet	1 large packet
cream	½ packet	1 packet
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 medium packet	1 large packet
tenderised pork fillet	1 packet	2 packets
baby broccoli	1 medium bunch	2 medium bunches
butter*	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3343kJ (799Cal)	489kJ (117Cal)
Protein (g)	41.8g	6.1g
Fat, total (g)	48.3g	7.1g
- saturated (g)	26.2g	3.8g
Carbohydrate (g)	46.9g	6.9g
- sugars (g)	28.5g	4.2g
Sodium (mg)	1294mg	189mg
Dietary Fibre (g)	10g	1.5g

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?

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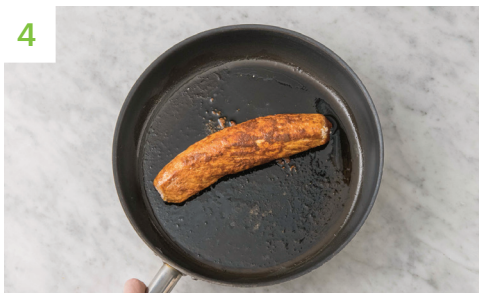
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Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Slice **potato** into 0.5cm-thick rounds.
- Finely chop **garlic**. Finely chop **parsley** leaves. Trim green tops from **baby rainbow carrots** (see **ingredients**) and scrub them clean.



Cook the pork

- While the carrots are roasting, heat a large frying pan over high heat with a drizzle of **olive oil**. Season **tenderised pork fillet** with **salt** and **pepper** and cook, turning, until browned all over, **4 minutes**.
- Transfer to a second lined oven tray. Roast **pork** for **15-16 minutes** for medium, or until cooked to your liking. Transfer to a plate, cover with foil and set aside to rest for **10 minutes**.



Bake the dauphinoise potatoes

- Cook **potato** in the boiling water until just tender, **4-6 minutes**. Drain **potato**, then return to saucepan.
- In a small bowl, combine **cream** (see **ingredients**), **chicken-style stock powder**, half the **garlic** and a pinch of **salt** and **pepper**.
- In a baking dish, arrange **potato slices** so they sit flat. Pour over **cream mixture**, then gently shake the dish to coat potatoes.
- Sprinkle with **grated Parmesan cheese**. Cover with foil. Bake until potato has softened, **14-16 minutes**. Remove foil, then return **potato** to oven. Bake until golden and the centre can be easily pierced with a fork, **10-12 minutes**.



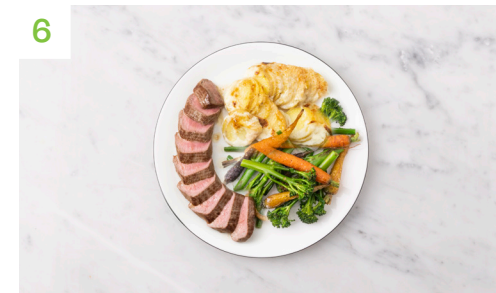
Cook the baby broccoli

- Meanwhile, trim **baby broccoli**. Halve any thicker stalks of **baby broccoli** lengthways.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** until tender, **5-6 minutes**. Season to taste, then transfer to the serving plates.
- Return the frying pan to medium heat with the **butter**, **parsley** and remaining **garlic**. Cook until fragrant and foaming, **1-2 minutes**.



Roast the baby carrots

- Meanwhile, place **baby rainbow carrots** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until golden and tender, **20-25 minutes**.



Serve up

- Slice pork fillet.
- Divide pork, dauphinoise potatoes and roasted baby rainbow carrots between the plates with baby broccoli.
- Spoon garlic and parsley butter over pork to serve. Enjoy!

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