



Peppercorn-Crusted Pork Fillet

with Garlicky Roast Potatoes & Sautéed Greens

FATHER'S DAY SPECIAL

Grab your meal kit with this number

28



Potato



Garlic & Herb Seasoning



Black Peppercorns



Tenderised Pork Fillet



Baby Broccoli



Baby Leaves



Parsley



Green Beans



Garlic



Roasted Almonds



Onion Chutney



Chicken-Style Stock Powder

Prep in: 30-40 mins
Ready in: 40-50 mins



Protein Rich



Calorie Smart

Press a premium pork fillet into crushed black peppercorns before searing and then roasting it, and you'll be in for a treat, especially when you top it off with a sweet and savoury onion sauce. Serve with a couple of simple but stellar sides, before completing the meal with a decadent dessert that screams delicious.

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

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 & herb seasoning	1 medium sachet	1 large sachet
black peppercorns	1 sachet	2 sachets
tenderised pork fillet	1 packet	2 packets
baby broccoli	1 medium bunch	2 medium bunches
baby leaves	1 medium packet	2 medium packets
parsley	1 packet	1 packet
green beans	1 small packet	1 medium packet
garlic	3 cloves	6 cloves
roasted almonds	1 medium packet	2 medium packets
butter*	20g	40g
onion chutney	1 medium packet	1 large packet
chicken-style stock powder	1 medium sachet	1 large sachet
water* (for the sauce)	¼ cup	½ cup

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (596cal)	255kJ (61cal)
Protein (g)	40.4g	4.1g
Fat, total (g)	24.6g	2.5g
- saturated (g)	8.9g	0.9g
Carbohydrate (g)	51.1g	5.2g
- sugars (g)	27.2g	2.8g
Sodium (mg)	1632mg	167mg
Dietary Fibre (g)	10g	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.



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **garlic & herb seasoning** and season with **pepper**. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.
- Meanwhile, crush **black peppercorns** in a pestle and mortar or in their sachet using a rolling pin. Spread crushed **peppercorns** over a plate, then combine with a generous pinch of **salt**.



Cook the greens

- Return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli** and **green beans** until tender, **5-6 minutes**.
- Add **baby leaves** and half the **garlic** and cook until fragrant, **1 minute**.
- Season with **salt** and **pepper** and transfer to a bowl. Cover to keep warm.



Cook the pork fillet

- Pat **tenderised pork fillet** dry with paper towel. Drizzle **pork** with **olive oil**, then press each side firmly into **peppercorn mixture**.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork**, turning, until browned all over, **4 minutes**.
- Transfer **seared pork** to a second lined oven tray. Roast for **15-16 minutes** for medium, or until cooked to your liking.
- Remove **pork** from oven, then cover with foil and set aside to rest for **10 minutes**.

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



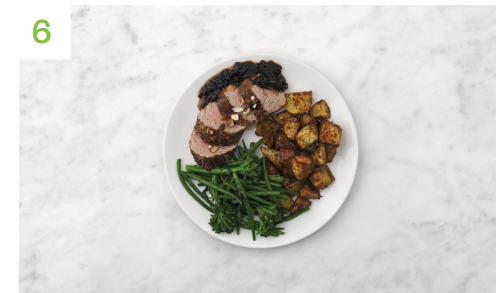
Make the onion chutney sauce

- Return the pan to low heat with the **butter**.
- Cook **parsley** and remaining **garlic** until fragrant, **1 minute**.
- Add **onion chutney**, **chicken-style stock powder**, the **water** and any **pork resting juices** and simmer until reduced, **1-2 minutes**.



Get prepped

- While the pork is roasting, have any thicker stalks of **baby broccoli**.
- Roughly chop **baby leaves** and **parsley**.
- Trim **green beans**.
- Finely chop **garlic**.
- Roughly chop **roasted almonds**.



Serve up

- Slice peppercorn-crusted pork fillet.
- Divide pork fillet, garlicky roast potatoes and sautéed greens between plates.
- Spoon caramelised onion sauce over pork fillet.
- Sprinkle with almonds to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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