



Roast Pork Fillet & Dauphinoise Potatoes

with Garlic-Herb Sauce & Baby Vegetables

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: 60-70 mins

Bring some French-inspired flair to your table with this sublime dish! Starting with a premium pork fillet and some creamy dauphinoise potatoes, then 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)	3345kJ (800cal)	262kJ (63cal)
Protein (g)	41.6g	3.3g
Fat, total (g)	48.3g	3.8g
- saturated (g)	26.2g	2.1g
Carbohydrate (g)	46.8g	3.7g
- sugars (g)	28.4g	2.2g
Sodium (mg)	1309mg	102.6mg
Dietary Fibre (g)	9.9g	0.8g

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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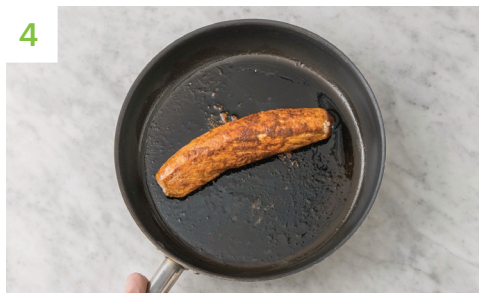
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Get prepped

- 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** and **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**, then cook, turning, until browned all over, **4 minutes**.
- Transfer **pork** 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**.



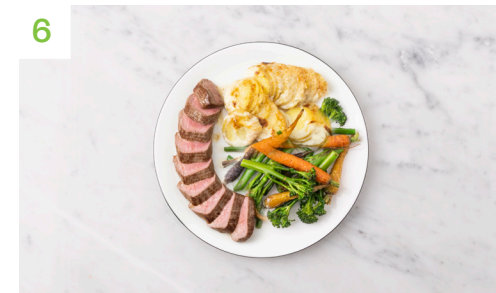
Cook the baby broccoli

- While the pork is roasting, trim **baby broccoli**, halving any thicker stalks lengthways.
- Wipe out the frying pan, then return to medium-high heat with a drizzle of **olive oil**. Cook **baby broccoli**, tossing, until tender, **5-6 minutes**. Set aside.
- Return 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 roast pork fillet, dauphinoise potatoes, roasted baby rainbow carrots and baby broccoli between plates.
- Spoon garlic and parsley butter over pork to serve. Enjoy!

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