



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



Asparagus



Cream



Chicken-Style Stock Powder



Grated Parmesan Cheese



Tenderised Pork Fillet

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 asparagus, 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 |
| asparagus | 1 bunch | 2 bunches |
| 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 |
| butter* | 40g | 80g |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 3346kJ (800cal) | 249kJ (59cal) |
| Protein (g) | 41.8g | 3.1g |
| Fat, total (g) | 48g | 3.6g |
| - saturated (g) | 26.2g | 1.9g |
| Carbohydrate (g) | 46.7g | 3.5g |
| - sugars (g) | 29g | 2.2g |
| Sodium (mg) | 1297mg | 96.4mg |
| Dietary Fibre (g) | 10.7g | 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?

Browse our Wine Boxes in the expanded menu to find your next perfect pairing.

We're here to help!

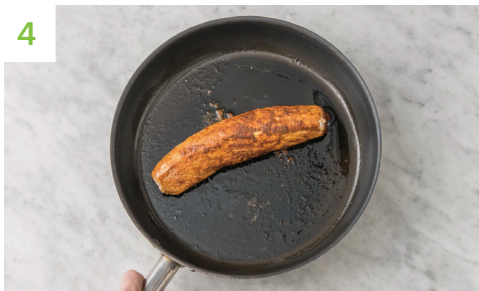
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2024 | CW47



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**.
- Trim green tops from **baby rainbow carrots** and scrub them clean.
- Trim ends of **asparagus**.



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 veggies

- Wipe out frying pan, then return to medium-high heat with a drizzle of **olive oil**.
- Cook **asparagus**, tossing, until tender, **5-6 minutes**.
- Season to taste, then transfer to serving plates.
- Return frying pan to medium heat with the **butter**, **parsley** and remaining **garlic**. Cook until fragrant and foaming, **1-2 minutes**.

TIP: Add a dash of water to the pan to help the asparagus cook.



Roast the baby rainbow 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**.

TIP: If your oven tray is crowded, divide the carrots between two trays.



Serve up

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

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