



Rosemary Butter Pork & Dauphinoise Potatoes

with Baby Rainbow Carrots & Baby Broccoli

GOURMET

Grab your Meal Kit with this symbol



Potato



Garlic



Rosemary



Baby Rainbow Carrots



Cream



Chicken-Style Stock Powder



Baby Broccoli



Grated Parmesan Cheese



Tenderised Pork Fillet

Prep in: 30-40 mins
Ready in: 60-70 mins

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

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
rosemary	2 sticks	4 sticks
baby rainbow carrots	1 bunch	1 bunch
cream	½ bottle (125ml)	1 bottle (250ml)
chicken-style stock powder	1 sachet (5g)	1 sachet (10g)
grated Parmesan cheese	1 medium packet	1 large packet
tenderised pork fillet	1 packet	2 packets
baby broccoli	1 bag	1 bag
butter*	40g	80g

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3279kJ (783Cal)	534kJ (127Cal)
Protein (g)	42.1g	6.9g
Fat, total (g)	49g	8g
- saturated (g)	26.6g	4.3g
Carbohydrate (g)	41.8g	6.8g
- sugars (g)	19g	3.1g
Sodium (mg)	1270mg	207mg

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.

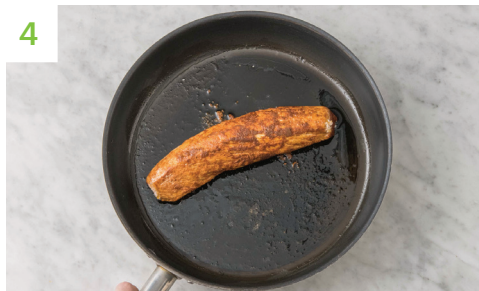
Fancy a drop?

We recommend pairing this meal with Chardonnay or Riesling.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**. Bring a medium saucepan of salted water to the boil.
- Cut **potato** into 0.5cm-thick rounds.
- Finely chop **garlic**. Pick and finely chop **rosemary leaves**. Scrub **baby rainbow carrots** clean, then trim the green tops.



Cook the pork

- Meanwhile, heat a large frying pan over high heat with a drizzle of **olive oil**. Season **tenderised pork fillet** with **salt** and **pepper**.
- Place **pork** in pan and cook, turning, until browned all over, **4 minutes**.
- Transfer **pork** to a second lined oven tray. Roast 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, **3-4 minutes**. Drain.
- In a baking dish, combine **cream** (see ingredients), **chicken-style stock powder**, 1/2 the **garlic** and a pinch of **salt** and **pepper**.
- Add **potato slices** and arrange so they sit flat. Gently shake dish to cover with **cream mixture**.
- Sprinkle with **grated Parmesan cheese** and season with **pepper**. Cover with foil, then bake on middle shelf until the potato has softened, **15 minutes**.
- Carefully remove foil, then bake until golden and centre can be easily pierced with a fork, a further **10 minutes**.



Cook the baby broccoli

- While the **pork** is resting, 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 a bowl.
- Return frying pan to medium heat with the **butter**, **rosemary** and remaining **garlic**. Cook until fragrant and foaming, **1-2 minutes**.



Roast the carrots

- While the potatoes are baking, arrange **baby rainbow carrots** on a lined oven tray, drizzle with **olive oil** and season with **salt** and **pepper**. Roast until golden and tender, **20-25 minutes**.



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



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