












Herby Pork Tenderloin & Zingy Salad

with Buttery Roasted Veggies & Feta

Grab your Meal Kit with this symbol




-  Herb & Mushroom Seasoning
-  Brussels Sprouts
-  Herbs
-  Garlic
-  Lemon
-  Walnuts
-  Salad Leaves
-  Cow's Milk Feta
-  Peeled Pumpkin Pieces
-  Red Wine Jus
-  Tenderised Pork Fillet

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **40-50 mins**

 Carb Smart

Herbs, veggies and pork are a trio that fit together perfectly. Add some Brussels sprouts, herby butter and a drizzle of red wine jus for an extra burst of flavour and this trio just became a group of deliciousness. More the merrier!

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
herb & mushroom seasoning	1 sachet	2 sachets
tenderised pork fillet	1 packet	2 packets
Brussels sprouts	1 bag (150g)	1 bag (300g)
peeled pumpkin pieces	1 packet (400g)	1 packet (800g)
herbs	1 bag	2 bags
garlic	3 cloves	6 cloves
lemon	1	2
walnuts	1 packet	2 packets
butter*	30g	60g
salad leaves	1 small bag	1 medium bag
red wine jus	1 medium packet	1 large packet
cow's milk feta	½ packet (95g)	1 packet (190g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2676kJ (640Cal)	441kJ (105Cal)
Protein (g)	43.3g	7.1g
Fat, total (g)	38.7g	6.4g
- saturated (g)	17.9g	2.9g
Carbohydrate (g)	22.7g	3.7g
- sugars (g)	15.2g	2.5g
Sodium (mg)	1380mg	227mg
Dietary Fibre (g)	10.2g	1.7g

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.

1



Cook the pork

- Preheat oven to **240°C/220°C fan-forced**.
- In a large bowl, combine **herb & mushroom seasoning** and a drizzle of **olive oil**. Add **tenderised pork fillet** and turn to coat.
- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **pork**, turning, until browned all over, **4 minutes**.
- Transfer to a lined oven tray. Roast **pork** for **15-16 minutes** for medium, or until cooked to your liking. Cover pork with foil and set aside to rest for **10 minutes**.

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

4



Make the herby butter

- In a small heatproof bowl, add the **butter** and microwave in **10 second** bursts until melted.
- When the veggies have **5 minutes** cook time remaining, remove tray from oven. Add **herbs, garlic** and a squeeze of **lemon juice** to the melted **butter**. Pour **herby butter** over **veggies** and gently toss to combine. Return buttery **veggies** to the oven and continue roasting.

2



Roast the veggies

- Halve the **Brussels sprouts**.
- Place **Brussels sprouts** and **peeled pumpkin pieces** on a second lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, spread out evenly, then roast until tender, **20-25 minutes**.

TIP: The Brussels sprouts will char slightly, this adds to the flavour!

5



Prep the salad & sauce

- In a medium bowl combine **salad leaves**, a squeeze of **lemon juice** and a drizzle of **olive oil**. Season to taste.
- Pour **red wine jus** into a microwave-safe bowl. Microwave in **30 second** bursts until warmed through.

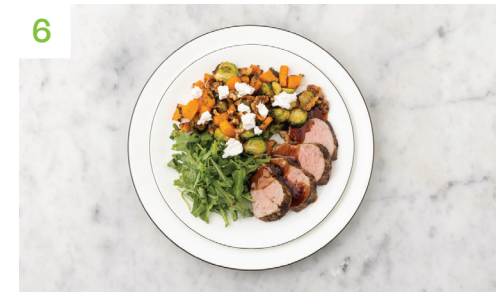
3



Get prepped

- Pick and roughly chop **herbs**. Finely chop **garlic**. Slice **lemon** into wedges.
- Wipe out the pan and return to medium-high heat. Toast **walnuts**, tossing, until golden, **3-4 minutes**.

6



Serve up

- Slice herby pork tenderloin.
- Divide pork, zingy salad and buttery roasted veggies between plates.
- Pour red wine jus over pork.
- Sprinkle walnuts and crumble **feta** over roasted veggies to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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