



Cooking Made Easy

hello@hellofresh.com.au

hello@hellofresh.com.au | 02 81 888 772

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Rosemary Pork with Fragrant Pear & Prunes

What are prunes? Where did they come from? The answer is shrouded in mystery and probably lost to the ravages of time. Only joking! Prunes are of course the dried version of plums, and you'll be blown away with how well this combination of dried prunes and fresh pears works with the rosemary infused pork. This little piggy says yum!



Prep: 5 mins
Cook: 40 mins
Total: 45 mins



level 1



Lemon



Pork Steaks



Potatoes



Pear



Dried Prunes



Rocket

2P	4P	Ingredients
400 g	800 g	potatoes, roughly chopped
1 tbs	2 tbs	olive oil *
1 bunch	2 bunches	rosemary, leaves removed
80 g	160 g	prunes, halved
1	2	pear, roughly chopped A
2 steaks	4 steaks	pork loin steak
70 g	140 g	rocket, washed ⊕
2 tbs	4 tbs	balsamic vinegar *

⊕ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	2158	Kj
Protein	39.8	g
Fat, total	40.7	g
-saturated	9.6	g
Carbohydrate	31.4	g
-sugars	15.4	g

Measuretool

0 cm	1 cm	2 cm



1 Preheat the oven to **200°C/180°C fan forced**.

2 Place the chopped **potatoes** on an oven tray and dress with the **olive oil, rosemary** and a good grind of **salt** and **pepper**. Place in the top shelf of the oven for **15 minutes**.

3 Halfway through cooking the potatoes, reduce the heat of the oven by **20°C**. Remove the potatoes from the oven and then scatter over the **prunes** and **pear**. Return the tray to the oven and cook for about **15 minutes**, or until the pear begins to caramelize.

4 Meanwhile, heat some oil in a pan over a medium high heat. Season the **pork** with salt and pepper then add the steaks to the pan and cook for **3-4 minutes** on either side or until cooked through.

5 Serve the pork on a bed of **rocket** drizzled with balsamic vinegar and a side of potatoes, pear and prunes. Be sure to get a bit of each in every mouthful!



Did you know? Pears were nicknamed “butter fruit” in the 1700s due to their soft and butter texture.