

Herby Almond-Crusted Pork & Brown Butter Potatoes

with Roast Brussels Sprouts & Baby Carrots

Grab your Meal Kit with this symbol



Dried Oregano



Garlic



Roasted Almonds



Baby Carrots



Brussels Sprouts



Chat Potatoes



Herb Crumbing Mix



Bay Leaves



Balsamic Glaze



Dijon Mustard



Premium Pork Fillet



Grated Parmesan Cheese



Béarnaise Sauce

Prep in: **30-40** mins
Ready in: **50-60** mins

Add some elegance to dinner at home with a two-course feast, starting with a premium pork fillet - to which oregano-laced Dijon and honey add an extra depth of flavour, while doubling as the 'glue' for the roast almond-adorned crust.

Pantry items

Olive Oil, Honey, 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 |
| garlic | 2 cloves | 4 cloves |
| roasted almonds | 1 medium packet | 1 large packet |
| baby carrots | 1 bag | 2 bags |
| Brussels sprouts | 1 medium bag | 1 large bag |
| chat potatoes | 2 | 4 |
| dried oregano | ½ medium sachet | 1 medium sachet |
| Dijon mustard | 2 packets | 4 packets |
| honey* | 1 tbs | 2 tbs |
| herb crumbing mix | ½ medium packet | 1 medium packet |
| premium pork fillet | 1 packet | 2 packets |
| butter* | 30g | 60g |
| bay leaves | 1 stem | 2 stems |
| grated Parmesan cheese | 1 packet (30g) | 2 packets (60g) |
| balsamic glaze | drizzle | drizzle |
| béarnaise sauce | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4077kJ (974Cal) | 610kJ (146Cal) |
| Protein (g) | 61.9g | 9.3g |
| Fat, total (g) | 55g | 8.2g |
| - saturated (g) | 18g | 2.7g |
| Carbohydrate (g) | 61.7g | 9.2g |
| - sugars (g) | 20.5g | 3.1g |
| Sodium (mg) | 796mg | 119mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2022 | CW31



1



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Finely chop **garlic**. Roughly chop **roasted almonds**. Trim green tops from **baby carrots**, then scrub clean and halve lengthways. Halve **Brussels sprouts**. Slice **chat potatoes** into quarters. Set aside.
- In a small bowl, combine **dried oregano** (see ingredients), **Dijon mustard**, **garlic** and the **honey**.
- In a second small bowl, combine **herb crumbing mix** (see ingredients) and **almonds**.

4



Roast the pork & potatoes

- Roast **pork** and **potatoes** for **12-14 minutes** for medium, or until pork is cooked to your liking.
- Remove from oven. Transfer **pork** to a plate, then cover loosely with foil to rest for **10 minutes**.
- Return **potatoes** to oven. Roast until tender, a further **10-12 minutes**.

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

2



Flavour the pork

- In a large frying pan, heat a drizzle of **olive oil** over high heat.
- Season **premium pork fillet** all over with **salt** and **pepper**, then add to the hot pan. Sear until browned, **1 minute** on all sides.
- Transfer seared **pork** to a lined oven tray. Spread with **honey-mustard mixture**, then sprinkle over the **herby almond crumb**, pressing to coat. Set aside.

5



Roast the veggies

- While the pork and potatoes are roasting, place **Brussels sprouts** and **carrots** on a second lined oven tray.
- Drizzle with **olive oil**. Season, then toss to coat.
- Roast until almost tender, **15-20 minutes**.
- Remove from oven. Sprinkle **grated Parmesan cheese** over the **veggies**. Roast until cheese is golden and crispy, a further **5 minutes**.

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

3



Flavour the potatoes

- Return frying pan to medium-high heat. Cook the **butter** and **bay leaves** until beginning to brown, **2-3 minutes**.
- Add **potatoes**. Season, then toss to coat.
- Transfer **potatoes** to the **pork** tray, spreading evenly across the tray.

6



Serve up

- Slice herby almond-crusted pork.
- Divide pork, brown butter potatoes, roast Brussels sprouts and baby carrots between plates.
- Drizzle **balsamic glaze** over the veggies.
- Serve with **béarnaise sauce**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback!

Let them know what you thought: hellofresh.com.au/rate



Rhubarb & Pear Crumble

with Lemon Cream

Grab your Meal Kit
with this symbol



Pear



Rhubarb



Lemon



Classic Oat
Mix



Thickened Cream

Prep in: **20-30** mins
Ready in: **40-50** mins

Before you put cooking rhubarb in the 'too hard' basket, give this crumble a go! Not only does the rhubarb add a gorgeous pop of pink and a sweet and tart flavour to cut through the richness of the buttery crumble, it requires minimal prep; simply slice it into bite-sized pieces and pop it in the baking dish along with the pear. No stewing needed!

Pantry items

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 baking dish · Electric beaters

Ingredients

| | 2 People |
|-----------------|-----------------|
| pear | 2 |
| rhubarb | 1 bag |
| lemon | ½ |
| sugar* | 1 tbs |
| butter* | 140g |
| classic oat mix | 1 packet |
| thickened cream | 1 medium packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|-----------------|
| Energy (kJ) | 3002kJ (717Cal) | 1107kJ (264Cal) |
| Protein (g) | 7.7g | 2.8g |
| Fat, total (g) | 46.6g | 17.2g |
| - saturated (g) | 28.8g | 10.6g |
| Carbohydrate (g) | 61.5g | 22.7g |
| - sugars (g) | 30.2g | 11.1g |
| Sodium (mg) | 268mg | 99mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **pear** into small chunks. Thinly slice **rhubarb**. Zest **lemon** to get a pinch, then slice into wedges.

TIP: Peel the pear, if preferred!



Bake the fruit

- In a large baking dish, combine **pear**, **rhubarb**, the **sugar**, a good squeeze of **lemon juice** and a pinch of **salt**.
- Bake until starting to soften, **10-12 minutes**.



Make the crumble topping

- Meanwhile, melt the **butter** in the microwave or a saucepan.
- In a medium bowl, combine melted **butter** and **classic oat mix**.



Bake the crumble

- Remove baking dish from oven. Sprinkle **crumble mixture** evenly over **fruit**.
- Bake until crumble is golden and fruit is tender, **20-25 minutes**.

TIP: The fruit is cooked when you can pierce it easily with a fork.



Whip the cream

- When crumble has **5 minutes** remaining, place **thickened cream** and **lemon zest** in a large bowl or jug.
- Whisk with electric beaters until soft peaks form and almost doubled in size, **3-4 minutes**.

TIP: If you don't have an electric mixer, use a metal hand whisk!

TIP: Chill both your bowl and cream before whipping to produce a larger increase in volume!



Serve up

- Divide rhubarb and pear crumble between bowls.
- Top with lemon cream to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate