



# Honey Mustard Pork Fillet & Bacon Greens

with Cheesy Mash, Balsamic Baby Carrots & Apple Sauce

Grab your Meal Kit with this symbol



Thyme



Dijon Mustard



Premium Pork Fillet



Baby Carrots



Walnuts



Potato



Grated Parmesan Cheese



Snow Peas



Green Beans



Garlic



Diced Bacon



Balsamic Glaze



Apple Sauce

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

Naturally Gluten-Free  
*Not suitable for coeliacs*

The secret to a perfect roast is a quality cut, and this premium pork fillet is perfection. Served with all the trimmings - Parmesan-loaded mash, roasted baby carrots, and apple sauce to bring it all together - meet your new go-to recipe for when you want something fancy without the fuss.

### Pantry items

Olive Oil, Honey, Butter, Milk



## 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  
Medium saucepan with lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
thyme	1 bag	1 bag
Dijon mustard	1 packet (40g)	2 packets (80g)
honey*	1 tbs	2 tbs
premium pork fillet	1 packet	2 packets
baby carrots	1 bunch	2 bunches
walnuts	1 medium packet	1 large packet
potato	2	4
butter*	40g	80g
milk*	2 tbs	¼ cup
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
snow peas	1 bag (100g)	1 bag (200g)
green beans	1 bag (100g)	1 bag (200g)
garlic	1 clove	2 cloves
diced bacon	1 medium packet	1 large packet
balsamic glaze	drizzle	drizzle
apple sauce	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4032kJ (964Cal)	516kJ (123Cal)
Protein (g)	72.9g	9.3g
Fat, total (g)	48.4g	6.2g
- saturated (g)	21.5g	2.8g
Carbohydrate (g)	51.5g	6.6g
- sugars (g)	24.2g	6.6g
Sodium (mg)	1189mg	152mg

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



## Roast the pork fillet

Preheat the oven to **220°C/200°C fan-forced**. Pick the **thyme** leaves. In a small bowl, combine the **thyme**, **Dijon mustard** and the **honey**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Season the **premium pork fillet** all over with **salt** and **pepper** and add to the hot pan. Sear until browned, **1 minute** on all sides. Transfer to a lined oven tray and coat with the **honey mustard mixture**. Roast, **12-14 minutes** for medium, or until cooked to your liking. Remove from the oven, cover with foil and rest.



## Prep the greens

While the pork is resting, trim the **snow peas** and **green beans**. Finely chop the **garlic**.



## Roast the baby carrots

While the pork is roasting, bring a medium saucepan of salted water to the boil. Trim the green tops from the **baby carrots** and scrub the **carrots** clean. Roughly chop the **walnuts**. Place the **carrots** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until golden and tender, **20-25 minutes**. When the **carrots** are done, remove the oven tray and sprinkle with the **walnuts**.



## Cook the greens

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans** and diced **bacon**, breaking up with a spoon, until softened, **4-5 minutes**. Add the **snow peas** and **garlic** and cook until fragrant, **1-2 minutes**.



## Make the mash

While the carrots are roasting, peel the **potato** and cut into large chunks. Cook in the boiling water until easily pierced with a knife, **12-15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and **grated Parmesan cheese** and season. Mash until smooth. Cover to keep warm.



## Serve up

Slice the pork and divide between plates. Take the baby carrots, cheesy mash and garlic bacon greens to the table. Drizzle the **balsamic glaze** over the carrots. Serve with the **apple sauce**.

Enjoy!