



Rosemary & Caramelised Onion Pork Fillet

with Almonds & Fetta

Grab your Meal Kit with this symbol



Potato



Baby Carrots



Garlic



Rosemary



Caramelised Onion Chutney



Premium Pork Fillet



Green Beans



Slivered Almonds



Fetta

Hands-on: **30-40** mins
Ready in: **45-55** mins

This special occasion dinner is a magical medley of gourmet flavours, including premium pork fillet, caramelised onion, baby carrot, fetta and almond. Set the table and pour the wine or just put your feet up while the flavours mingle to create this memorable meal.

Pantry items

Olive Oil, Balsamic Vinegar

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 too.

You will need

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
baby carrots	1 bunch	2 bunches
salt*	¼ tsp	½ tsp
garlic	2 cloves	4 cloves
rosemary	1 bunch	1 bunch
caramelised onion chutney	1 tub (40g)	2 tubs (80g)
balsamic vinegar*	1 tbs	2 tbs
premium pork fillet	1 packet	2 packets
green beans	1 bag (100g)	1 bag (200g)
slivered almonds	1 packet	2 packets
fetta	1 block (25g)	1 block (50g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2720kJ (650Cal)	447kJ (107Cal)
Protein (g)	62.0g	10.2g
Fat, total (g)	25.6g	4.2g
- saturated (g)	7.8g	1.3g
Carbohydrate (g)	37.7g	6.2g
- sugars (g)	9.9g	1.6g
Sodium (g)	604mg	99mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.

Fancy a Drop?

We recommend pairing this meal with Pinot Noir or Chardonnay



1. Roast the potato & carrots

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** (unpeeled) into 2cm wedges. Trim the green tops from the **baby carrots**. Place the **potato** and **carrots** on an oven tray lined with baking paper. **Drizzle generously** with **olive oil** and season with the **salt** and a **pinch** of **pepper**. Roast the veggies on the top oven rack until golden and cooked through, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



4. Roast the pork

Roast the **pork** on the middle oven rack until cooked to your liking, **12-14 minutes** for medium. Remove from the oven, cover loosely with foil and set aside to rest for **10 minutes**.

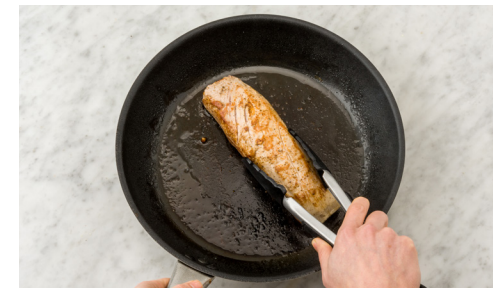
TIP: The pork will continue to cook as it rests. Pork can be served slightly blushing in the centre.



2. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Pick and finely chop the **rosemary** leaves. In a medium bowl, combine the **garlic**, **rosemary**, **caramelised onion chutney** and **balsamic vinegar**. **Drizzle** with **olive oil** and stir to combine.

TIP: Run your fingers down the rosemary stalk to remove the leaves easily.



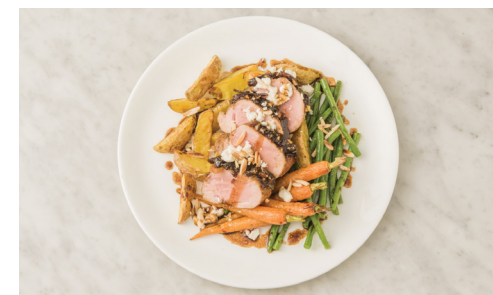
3. Sear the pork

Heat a **drizzle** of **olive oil** in a large frying pan over a high heat. Season the **premium pork fillet** all over with **salt** and **pepper**. Add the **pork** to the hot pan and cook, turning, until browned all over, **4 minutes**. Transfer to an oven tray lined with baking paper. Spoon the **caramelised onion mixture** over the top of the **pork**.



5. Cook the beans & almonds

While the pork is resting, trim the **green beans**. Wipe out the frying pan and return to a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **green beans** and cook, tossing, until just tender, **4-5 minutes**. Season with **salt** and **pepper**.



6. Serve up

Thickly slice the caramelised onion pork fillet. Divide the green beans and roasted potato and baby carrots between plates. Top with the pork and spoon over the juices from the tray. Sprinkle with the slivered almonds and crumble over the **fetta**.

Enjoy!