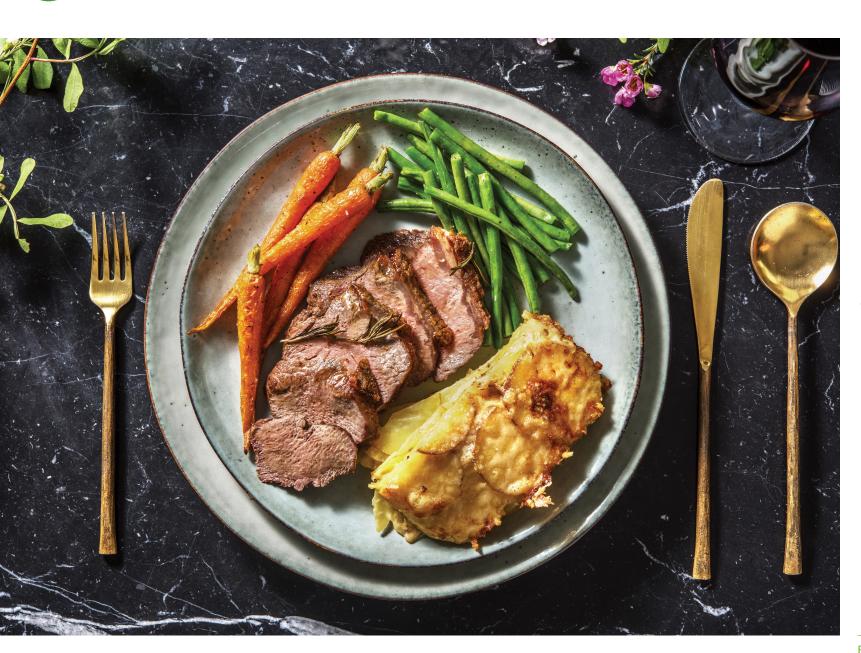
Rosemary & Garlic Pork Fillet with Dauphinoise Potatoes













Rosemary





Light Cooking Cream



Chicken Stock

Baby Carrots



Grated Parmesan Cheese



Fillet



Green Beans

Pantry items

Olive Oil, 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

Small baking dish · Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	4 cloves	8 cloves
rosemary	1 bunch	1 bunch
baby carrots	1 bunch	2 bunches
light cooking	1 packet	2 packets
cream	(150ml)	(300ml)
milk*	2 tbs	4 tbs
chicken stock	1 cube	2 cubes
grated Parmesan cheese	1 packet	2 packets
premium pork fillet	1 packet	2 packets
green beans	1 bag (100g)	1 bag (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3195kJ (763Cal)	473kJ (113Cal)
Protein (g)	64.4g	9.5g
Fat, total (g)	39.4g	5.8g
- saturated (g)	19.2g	2.8g
Carbohydrate (g)	37.2g	5.5g
- sugars (g)	11.2g	1.7g
Sodium (mg)	801mg	119mg

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.

Fancu a Drop?

We recommend pairing this meal with Shiraz or Merlot.



Get prepped

Preheat the oven to 220°C/200°C fan-forced. Slice the **potato** (unpeeled) as thinly as possible into rounds. Finely chop 1/2 the garlic. Cut each remaining garlic clove into 4 slices. Cut the rosemary into 2cm sprigs. Trim the baby carrots and slice any thicker carrots in half lengthways.



Bake the potato

In a small baking dish, layer the **potato** slices. In a medium bowl, combine the garlic, light cooking cream, milk and crumbled chicken stock (1 cube for 2 people / 2 cubes for 4 people). Season with salt and pepper. Pour the cream mixture over the potato, then gently shake the dish to distribute the mixture. Sprinkle with the grated Parmesan **cheese** and season with **pepper**. Cover the dish with foil, then bake on the middle oven rack until the potato has softened, 40 minutes. Remove the foil, then bake until golden and the centre can be easily pierced with a knife, 10 minutes.



Sear the pork

While the potato is baking, 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. Cook the pork on the hot pan, turning, until browned all over, 4 minutes. Transfer to an oven tray lined with baking paper.



Roast the pork

Use a small, sharp knife to make 8 slits all over the pork fillet and push the garlic slices and rosemary sprigs into the slits. Drizzle the rosemary and garlic with olive oil to prevent burning. Arrange the **baby carrots** around the **pork**, drizzle with olive oil and season with salt and pepper. Roast the **pork** and **carrots** on the top oven rack for 15 minutes for medium, or until cooked to your liking. Remove the tray from the oven and cover with foil to rest for 10 minutes.

TIP: The meat will keep cooking as it rests!



Cook the green beans

While the pork is resting, trim the green beans. Wash and dry the frying pan and return to a medium-high heat. Add the green beans and a splash of water and cook, tossing, until tender, 4-5 minutes. Season with salt and pepper.



Serve up

Slice the rosemary and garlic pork. Divide the pork, dauphinoise potatoes, baby carrots and green beans between plates.

Enjoy!