



# Rosemary & Garlic Pork Fillet

with Dauphinoise Potatoes

Grab your Meal Kit  
with this symbol



Potato



Garlic



Rosemary



Baby Carrots



Light Cooking  
Cream



Chicken Stock



Grated Parmesan  
Cheese



Premium Pork  
Fillet



Green Beans

 Hands-on: **30-40 mins**  
 Ready in: **60-70 mins**  
 Naturally gluten-free  
*Not suitable for Coeliacs*

Bring some French flair to your table with this sublime dish. To accompany the tender pork fillet, we've got elegant dauphinoise potatoes (cheesy, creamy and totally addictive!), plus roasted baby carrots and green beans. Get ready to serve up a feast!

## 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 cream	1 packet (150ml)	2 packets (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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## Fancy 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.



## 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!



## 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**.



## 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**.



## 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.



## Serve up

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

## Enjoy!