

# Rosemary & Garlic Pork Fillet

with Dauphinoise Potatoes



Potato



Garlic



Rosemary



Baby Carrots



Light Cooking Cream



Chicken-Style Stock Powder



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 premium pork fillet, whip up some elegant dauphinoise potatoes (cheesy, creamy and totally addictive!). Complete with roasted baby carrots and green beans, you're in for a treat!

### 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 or medium 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	2 sticks	4 sticks
baby carrots	1 bag	2 bags
light cooking cream	1 medium packet	1 large packet
milk*	2 tbs	¼ cup
chicken-style stock powder	1 medium sachet	1 large sachet
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
premium pork fillet	1 packet	2 packets
green beans	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2925kJ (699Cal)	456kJ (109Cal)
Protein (g)	57g	8.9g
Fat, total (g)	37.2g	5.8g
- saturated (g)	18.5g	2.9g
Carbohydrate (g)	33.7g	5.3g
- sugars (g)	7.4g	5.3g
Sodium (mg)	774mg	121mg

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.

## Fancy a drop?

We recommend pairing this meal with Shiraz or Merlot.



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **potato** into rounds. Finely chop 1/2 the **garlic**. Cut the remaining **garlic** into 4 slices. Cut the **rosemary** into 2cm sprigs. Trim the **baby carrots**, slicing any thicker carrots in half lengthways.



## Roast the pork

Using a small, sharp knife, make eight slits all over the **pork fillet**. 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 the carrots with **olive oil**, then season. Roast on the top oven rack for **15 minutes** for medium, or until cooked to your liking. Remove the tray from the oven. Cover with foil to rest for **10 minutes**.

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



## Bake the potatoes

In a baking dish, layer the **potato** rounds. In a medium bowl, combine the chopped **garlic**, **light cooking cream**, **milk**, and **chicken-style stock powder**. Season with **salt** and **pepper**. Pour the **cream mixture** over the **potato**, then gently shake the dish to evenly distribute. Sprinkle with the **grated Parmesan cheese**. Cover with foil, then bake on the middle oven rack until the potato has softened, **40 minutes**. Remove the foil, then return to the oven. Bake until golden and until easily pierced in the centre with a knife, **10 minutes**.



## Cook the green beans

While the pork is resting, trim the **green beans**. Wash out 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 to taste.



## Sear the pork

When the potatoes have **30 minutes** remaining, heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **premium pork fillet** all over. When the oil is hot, cook the **pork**, turning, until browned all over, **4 minutes**. Transfer to a lined oven tray.



## Serve up

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

## Enjoy!

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