



# Walnut-Crusted Pork Fillet

with Caramelised Cherry Tomatoes & Parsnip Mash

Grab your Meal Kit  
with this symbol



Garlic



Cherry Tomatoes



Walnuts



Dijon Mustard



Premium Pork  
Fillet



Potato



Parsnip



Lemon



Baby Broccoli



Green Beans

Hands-on: 30-40 mins  
Ready in: 40-50 mins  
Naturally Gluten-Free  
Not suitable for coeliacs

If you've ever dreamt of being a gourmet chef, tonight is your night! With our help you can whip up a sensational meal of succulent pork with a walnut and mustard crust, plus a parsnip mash, roasted cherry tomatoes and greens.

## Pantry items

Olive Oil, Balsamic Vinegar, Sugar, 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 · Oven tray lined with baking paper · Medium saucepan with a lid

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
cherry tomatoes	1 punnet	2 punnets
balsamic vinegar*	2 tsp	1 tbs
sugar*	½ tsp	1 tsp
walnuts	1 medium packet	1 large packet
Dijon mustard	1 packet (15g)	2 packets (30g)
honey*	1 tbs	2 tbs
premium pork fillet	1 packet	2 packets
potato	1	2
parsnip	1	2
lemon	1	2
butter*	40g	80g
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
baby broccoli	1 bunch	2 bunches
green beans	1 bag (100g)	1 bag (200g)

\*Pantry items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3159kJ (755Cal)	452kJ (108Cal)
Protein (g)	53.9g	7.7g
Fat, total (g)	42.1g	6g
- saturated (g)	16.5g	2.4g
Carbohydrate (g)	33.6g	4.8g
- sugars (g)	17.5g	2.5g
Sodium (mg)	599mg	86mg

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](http://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 Pinot Gris or Verdelho.



### Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Bring a medium saucepan of water to the boil. Finely chop the **garlic**. Place the **cherry tomatoes**, **balsamic vinegar**, **sugar** and 1/2 the **garlic** in a medium bowl. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat. Finely chop the **walnuts**. In a small bowl, combine the **Dijon mustard** and **honey**.



### Get prepped

Heat a drizzle of **olive oil** in a large frying pan over a high heat. Season the **premium pork fillet**. Cook the **pork** in the hot pan, turning, until browned all over, **4 minutes**. Transfer to a lined oven tray.



### Roast the pork & tomatoes

Spread the **honey-mustard mixture** over the **pork**. Sprinkle with the **walnuts**, drizzle with **olive oil** and season. Place the **cherry tomatoes** around the **pork**. Roast the **pork** and **cherry tomatoes** for **12-14 minutes** for medium, or until cooked to your liking. Remove the tray from the oven, transfer the **pork** to a plate and cover loosely with foil. Return the baking dish to the oven until the **cherry tomatoes** are caramelised, **5-10 minutes**.



### Make the parsnip mash

While the pork and tomatoes are roasting, peel the **potato** and cut into large chunks. Peel the **parsnip** and cut into small chunks. Zest the **lemon** to get a generous pinch, then slice in half. Cook the **potato** and **parsnip** in the boiling water until easily pierced with a knife, **15 minutes**. Drain and return to the pan. Add the **butter**, **milk** and the **salt** and mash until smooth. Stir through the **lemon zest**, then cover to keep warm.



### Cook the veggies

Trim the **baby broccoli** and **green beans**. Return the frying pan to a medium-high heat. Add the **baby broccoli** and **beans** with a dash of **water** and a good squeeze of **lemon juice**. Cook, tossing, until tender, **4-5 minutes**. Add the remaining **garlic** and cook, tossing, until fragrant, **1 minute**. Season.



### Serve up

Slice the **pork** and divide between plates. Serve with the **parsnip mash**, **roasted cherry tomatoes**, **baby broccoli** and **green beans**. Spoon over the juices from the oven tray.

### Enjoy!

**TIP:** Add more **lemon juice** and **water** as you go to help the **baby broccoli** cook evenly.