







More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on     You'll be entered into our weekly photo contest!

Herby Dukkah Crusted Pork with Crushed Potatoes and Green Salad

According to our lovely Dukkah suppliers: 'The Dukkah Company', Dukkah can add a bit of magic to any dish, and we have to agree! The delicious blend of almonds, hazelnuts, sesame and spices will make your taste buds very happy. You're onto a winner for dinner!



30 mins



0.5 of your
5 a day



healthy



family box



mild



Garlic Clove (2)



Flat Leaf Parsley
(2 bunches)



Mint
(1 bunch)



Lemon
(1)



Potato
(2 packs)



Dukkah Spice (6 tbsp)



Pork Fillet (4)



Salad Mix
(2 bags)

4 PEOPLE INGREDIENTS

- Garlic Clove, chopped
- Flat Leaf Parsley, chopped
- Mint, chopped
- Lemon
- Potato, chopped

2

2 bunches

1 bunch

1

2 packs

- Dukkah Spice

- Pork Fillet

- Salad Mix

6 tbsp

4

2 bags



Our fruit and veggies may need a little wash before cooking!

Did you know...

The name dukkah means 'to crush' in its native Egyptian, which is very fitting given that it is a crushed blend of dry spices, nuts and seeds.

Allergens: Nuts, Sesame, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	389 kcal / 1646 kJ	5 g	2 g	42 g	2 g	47 g	0 g
Per 100g	96 kcal / 406 kJ	1 g	0 g	10 g	1 g	12 g	0 g

1



1 Pre-heat your oven to 180 degrees and bring a large pot of water to the boil with a pinch of **salt**. Peel and finely chop the **garlic**. Finely chop the **parsley** and **mint** and grate the **zest** of the **lemon**. Chop the **potato** into 2cm chunks (no need to peel).

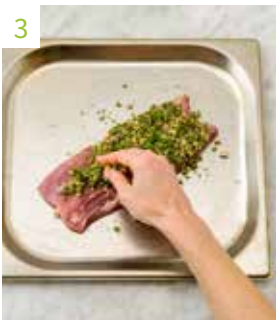
2



2 Mix together your **garlic**, **parsley**, **mint**, **lemon zest** and **dukkah spice** in a bowl, along with a splash of **olive oil**, a pinch of **salt** and a good grind of **pepper**.

3 Drizzle some **oil** onto a baking tray, place each **pork fillet** on the tray and press your **herby dukkah mix** onto the top of your **pork**. Put in your oven to cook for 15 mins. **Tip:** *The pork is fully cooked when there is no pink remaining.*

3



4 Pop your **potato** into the pot of boiling water and cook for 12-15 mins. **Tip:** *The potato is cooked when you can easily slip a knife through.*

5 Once your **potato** is cooked, drain, pop back in the pot and add a knob of **butter** (if you have some). Crush lightly with a fork and season with a pinch of **salt** and a grind of **pepper**.

5



6 Add some **oil**, the juice from your **lemon**, a pinch of **salt** and a good grind of **pepper** to your **salad mix**.

7 Slice and serve your **pork** with your **potato** and **salad** on the side. Enjoy!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!