

Brown Sugar-Glazed Pork Tenderloin

with Sweet Potato Wedges and Brussels Sprout-Apple Hash

A mixture of brown sugar and spices creates a beautiful glaze on juicy pork tenderloin. Apples, cranberries, and Brussels sprouts are the perfect combination in this sweet and savoury hash. You'll be shocked by how easily this impressive dinner comes together!



30 min



level 1



dairy free



Pork Tenderloin



Sweet Potato



Brussels Sprouts



Lemon



Dried Cranberrie



Empire Apple



Brown Sugar Spice Blend

Ingredients	4 People
Pork Tenderloin	2 pkg (680 g)
Sweet Potato, wedges	1 pkg (680 g)
Brussels Sprouts, shredded	1 pkg (227 g)
Lemon	1
Dried Cranberries	1 pkg (56 g)
Empire Apple	2
Brown Sugar Spice Blend	1 pkg (⅓ cup)
Olive or Canola Oil*	

Tools

*Not Included

Allergens

None

Large Pan, Baking Sheet, Baking Dish, Peeler, Zester

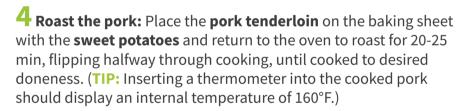
Nutrition per person Calories: 467 cal | Fat: 6g | Protein: 40g | Carbs: 65 g | Fiber: 10 g | Sodium: 595 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



- Preheat the oven to 400°F. (To roast the sweet potatoes and pork.) Start prepping when the oven comes up to temperature!
- **2** Roast the sweet potato: Wash and dry all produce. Toss the sweet potato wedges on a foil-lined baking sheet with a drizzle of oil and a pinch of salt. Bake in the centre of the oven, flipping halfway through cooking, until golden brown, 25-30 min.



3 Season the pork: Meanwhile, pour the brown sugar spice blend in a baking dish (or large plate). Pat dry the pork tenderloins with paper towels, then season on all sides with salt. Coat the pork tenderloins with the brown sugar mixture.





- **5** Make the hash: Meanwhile, core and dice the apple into ½-inch cubes. Zest and halve the lemon. Heat a large pan over medium heat. Add a drizzle of oil, then the Brussels sprouts and the apple. Cook, stirring often, until the Brussels sprouts are slightly golden brown, 5-6 min. Stir in the cranberries, lemon zest, and a squeeze of lemon juice (to taste). Season with salt and pepper.
- **6** Finish and serve: Thinly slice the pork tenderloin. Serve with the sweet potatoes and Brussels sprout-apple hash. Enjoy!

KID-FRIENDLY TIP: Kids don't like Brussels sprouts? Set aside some apple and cranberries. Stir in some lemon juice to prevent the apples from turning brown.