



OCT
2016

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 Cranberries



Empire Apple



Brown Sugar
Spice Blend

Ingredients

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 (1/3 cup)
Olive or Canola Oil*	

4 People

*Not Included

Allergens

None

Tools

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

Nutrition per person Calories: 467 cal | Fat: 6g | Protein: 40g | Carbs: 65g | Fiber: 10g | Sodium: 595 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler
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3



1 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.

4



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**.

4 Roast the pork: Place the **pork tenderloin** on the baking sheet with the **sweet potatoes** and return to the oven to roast for 20-25 min, flipping halfway through cooking, until cooked to desired doneness. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

5



5 Make the hash: Meanwhile, core and dice the **apple** into 1/2-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.

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