

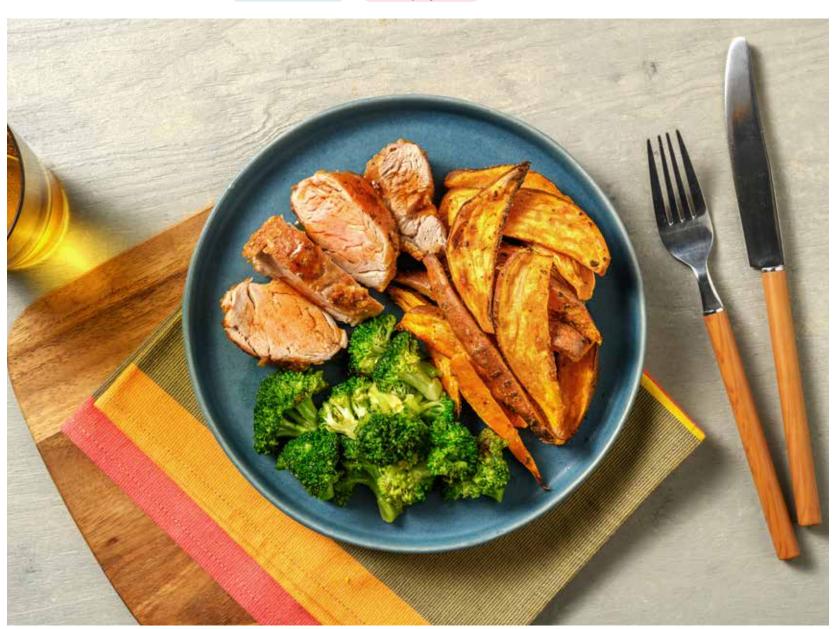
# Cal Smart Spicy Maple Pork

with Sweet Potato Wedges and Broccoli

Calorie Smart

Spicy

30 Minutes

















Broccoli, florets



Maple Syrup



**Sweet Potato** 



Garlic Salt

Southwest Spice Blend

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

#### Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 1 ½ tsp
- · Spicy: 3 tsp

#### **Bust out**

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

### Ingredients

<b>9</b>		
	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Cornstarch	1 tbsp	2 tbsp
Hot Sauce	3 tsp	6 tsp
Maple Syrup	2 tbsp	4 tbsp
Broccoli, florets	227 g	454 g
Garlic Salt	1 tsp	1 tsp
Sweet Potato	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

- \* Pantry items
- \*\* Cook to a minimum internal temperature of  $71^{\circ}$ C/ $160^{\circ}$ F, as size may vary.

### **Allergens**

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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### Roast sweet potatoes

Cut **sweet potatoes** into ¼-inch wedges. Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **Southwest Spice Blend**, **salt** and **pepper**, then toss coat. (NOTE: For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (NOTE: For 4 ppl, roast in the middle and top of the oven, rotating sheets halfway through.)



### Prep pork

While **sweet potatoes** roast, pat **pork** dry with paper towels. Add **cornstarch** and **half the garlic salt** to a medium bowl. Season with **pepper**, then stir to combine. Add **pork** to **cornstarch mixture**, then toss to coat.



# Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Cook, turning occasionally, until golden-brown, 4-5 min. Carefully remove the baking sheet with **sweet potatoes** from the oven. Push **sweet potatoes** to one side. Transfer **pork** to the other side of the baking sheet. (**NOTE**: For 4 ppl, divide pork between sheets.) Roast in the **middle** of the oven until **sweet potatoes** are tender and **pork** is cooked through, 10-12 min.\*\*



#### Cook broccoli

While **pork** roasts, add **broccoli**, **remaining garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then toss to coat. Heat the same pan (from step 3) over medium. When hot, add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.



#### Make spicy maple sauce

While **broccoli** cooks, add **maple syrup** and **1** ½ **tsp hot sauce** to a small bowl. Season with **salt**, then stir to combine. (NOTE: Reference heat guide.)



#### Finish and serve

Thinly slice **pork**. Divide **pork**, **sweet potatoes** and **broccoli** between plates. Drizzle **spicy maple sauce** over **pork**.

## **Dinner Solved!**