



Cal Smart Steak-Spiced Pork Tenderloin

with Green Beans and Sweet Potato Mash

Calorie Smart

30 Minutes



Pork Tenderloin



Sweet Potato



Green Beans



Sour Cream



Chicken Broth Concentrate



Dijon Mustard



Montreal Steak Spice



Cornstarch

HELLO DIJON

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, strainer, parchment paper, measuring cups, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Montreal Steak Spice	½ tbsp	1 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°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.

Contact

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Cook sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (by approx. 1-2 inches) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **sweet potatoes** to the same pot, off heat. Cover and set aside.



Cook green beans

- Meanwhile, reheat the same pan over medium.
- Add **green beans** and **¼ cup water** (dbl for 4 ppl). Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 5-7 min.
- Remove the pan from heat. Drizzle **1 tsp oil** (dbl for 4 ppl) over **green beans**, then toss to coat.
- Transfer **green beans** to a plate, then cover to keep warm.



Prep

- Meanwhile, trim **green beans**.
- Pat **pork** dry with paper towels, then cut into 2 equal pieces on a separate cutting board (4 equal pieces for 4 ppl). Season with **½ tbsp Montreal Steak Spice** (dbl for 4 ppl).



Make sauce

- Whisk together **½ cup water** (dbl for 4 ppl), **cornstarch**, **broth concentrate** and **Dijon** in a medium bowl until smooth.
- Add **cornstarch mixture** to the same pan. Bring to a gentle boil over medium, whisking occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Season **sauce** with **pepper**, then whisk in **half the sour cream** until smooth.



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 5-8 min.
- Transfer **pork** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 14-16 min.**



Finish and serve

- Mash **remaining sour cream** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork**, **green beans** and **sweet potato mash** between plates.
- Drizzle **sauce** over **pork**.

Dinner Solved!