



# Carb Smart Balsamic-Fig Pork Tenderloin

with Roasted Vegetable Medley

Carb Smart

35 Minutes



Pork Tenderloin



Dijon Mustard



Garlic Salt



Carrot



Brussels Sprouts



Rosemary



Fig Spread



Balsamic Vinegar



Shallot



Chicken Broth Concentrate



Kale, chopped



All-Purpose Flour

HELLO ROSEMARY

*This woody herb packs a fragrant and savoury punch!*

## Start here

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

## Bust out

2 Baking sheets, medium bowl, measuring spoons, silicone brush, parchment paper, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Dijon Mustard	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Carrot	170 g	340 g
Brussels Sprouts	170 g	340 g
Rosemary	1 sprig	2 sprigs
Fig Spread	2 tbsp	4 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Shallot	50 g	100 g
Chicken Broth Concentrate	1	2
Kale, chopped	56 g	113 g
All-Purpose Flour	1 tbsp	2 tbsp
Unsalted Butter*	3 tbsp	6 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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## Prep

- Peel, then cut **carrot** into ½-inch pieces.
- Trim, then halve **Brussels sprouts** (quarter larger ones).
- Peel, then cut **shallot** into ¼-inch pieces.
- Strip **rosemary leaves** from stems, then roughly chop.
- Add **kale** to a medium bowl. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Season with **salt** and **pepper**, then toss to coat.
- Pat **pork** dry with paper towels.



## Start balsamic-fig sauce

- When **pork** is halfway through roasting, reheat the same pan over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shallots**. Cook, stirring occasionally, until slightly softened, 2-3 min.
- Sprinkle **flour** over **shallots**. Cook, stirring constantly, until **shallots** are coated, 30 sec.



## Roast veggies

- Add **carrots**, **Brussels sprouts**, **half the rosemary**, **half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper**, then toss to combine.
- Roast in the **middle** of the oven until **veggies** are tender, 20-24 min.
- After 12-14 min, add **kale** to the baking sheet, then stir to combine. Continue roasting **veggies** until tender.



## Finish balsamic-fig sauce

- Gradually whisk in **¾ cup water** (dbl for 4 ppl) until **sauce** is smooth.
- Add **fig spread**, **broth concentrate** and **vinegar**, then bring to a simmer over medium-high.
- Once simmering, cook, whisking often, until **sauce** thickens slightly, 2-3 min. Season with **salt** and **pepper**, to taste.
- Add **1 tbsp butter** (dbl for 4 ppl), then whisk until **butter** melts.



## Cook pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, brush **Dijon** all over **pork**. Season with **pepper** and **remaining garlic salt**, then sprinkle **remaining rosemary** over top.
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 4-5 min.
- Transfer **pork** to another parchment-lined baking sheet. Roast **pork** in the **top** of the oven until cooked through, 12-14 min.\*\*
- Carefully wipe the pan clean.



## Finish and serve

- When **veggies** are done, add **1 tbsp butter** (dbl for 4 ppl), then stir until **veggies** are coated.
- Add **any pork juices** from the baking sheet to **balsamic-fig sauce**, then whisk to combine.
- Thinly slice **pork**.
- Divide **veggies** and **pork** between plates. Spoon **balsamic-fig sauce** over **pork**.

**Dinner Solved!**