HELLO FRESH

Carb Smart Roasted Pork Tenderloin
with Buttery Cauliflower Mash and Shallot Gravy

Carb Smart   35 Minutes

Pork Tenderloin

Cauliflower, florets

Chicken Broth Concentrate

Shallot

Garlic

Dijon Mustard

All-Purpose Flour

Zucchini

Montreal Steak Spice

Garlic Powder

HELLO DIJON MUSTARD

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Cauliflower, florets	285 g	570 g
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Garlic	3 g	6 g
Dijon Mustard	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Zucchini	400 g	800 g
Montreal Steak Spice	1 tbsp	2 tbsp
Garlic Powder	1 tsp	2 tsp
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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.

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1

Prep

Peel, then finely mince or grate **garlic**. Cut **cauliflower** into bite-size pieces. Peel, then finely chop **shallot**. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Stir together **Dijon** and **garlic** in a small bowl. Pat **pork** dry with paper towels, then cut in half cross-wise. Season with **salt**. Coat **pork** all over with **Dijon-garlic mixture**, then evenly sprinkle with **Montreal Steak Spice**.

2

Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** then **pork**. Sear, turning occasionally, until golden-brown, 4-5 min. Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven, until cooked through, 14-16 min.** Carefully wipe the pan clean. When **pork** is done, transfer to a clean cutting board to rest, 3-5 min. Reserve any **drippings** to add to **gravy** in step 5.

3

Cook cauliflower mash

While **pork** roasts, combine **cauliflower**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium-high. Cook uncovered until fork-tender, 6-8 min. Drain and return **cauliflower** to the same pot, off heat. Season with **salt** and **pepper**. Mash **2 tbsp butter** (dbl for 4 ppl) into **cauliflower** until almost creamy. (**NOTE:** Mashed cauliflower will never be as creamy as potatoes!)

4

Sauté zucchini

While **cauliflower** cooks, heat the same pan (from step 2) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **pepper** and **half the garlic powder**. Cook, stirring often, until fragrant, 30 sec. Remove the pan from heat. Transfer **zucchini** to a plate and cover to keep warm.

5

Cook shallot gravy

Heat the same pan over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl to melt. Add **shallots** to the pan and cook, stirring often, until **shallots** soften slightly, 1-2 min. Sprinkle **remaining garlic powder** and **flour** over top then cook, stirring constantly, 1 min. Slowly whisk in **¾ cup water** (dbl for 4 ppl). Add **broth concentrate** and any **drippings** from **pork**, then cook, whisking often, until **gravy** thickens slightly, 3-4 min. Season with **salt** and **pepper**.

6

Finish and serve

Slice **pork**. Divide **pork**, **cauliflower mash** and **zucchini** between plates. Spoon **shallot gravy** over **pork**.

Dinner Solved!