



Carb Smart Seed-Crusted Pork

with Roasted Squash

Carb Smart

30 Minutes



Pork Tenderloin



Sunflower Seeds



Italian Breadcrumbs



Mayonnaise



Dijon Mustard



Arugula and Spinach
Mix



Gala Apple



Butternut Squash,
cubes



White Wine Vinegar



Dried Cranberries

HELLO DIJON MUSTARD

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

Start here

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

Bust out

2 Baking sheets, measuring spoons, shallow dish, large bowl, parchment paper, whisk, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Sunflower Seeds	28 g	56 g
Italian Breadcrumbs	¼ cup	½ cup
Mayonnaise	2 tbsp	4 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Arugula and Spinach Mix	113 g	227 g
Gala Apple	1	2
Butternut Squash, cubes	170 g	340 g
White Wine Vinegar	1 tbsp	2 tbsp
Dried Cranberries	¼ cup	½ cup
Sugar*	¼ tsp	½ tsp
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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1



Roast squash

Add **squash** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 20-22 min.

2



Coat pork

Roughly chop **half the sunflower seeds**. Combine **chopped seeds** and **Italian breadcrumbs** in a shallow dish. Pat **pork** dry with paper towels, then cut in half crosswise. Season all over with **salt** and **pepper**. Coat **pork** all over with **half the mayo**. Working with **one piece of pork** at a time, press both sides into **seed mixture** to coat completely.

3



Bake pork

Transfer **pork** to another parchment-lined baking sheet, then drizzle **1 tbsp oil** (dbl for 4 ppl) over top. Bake in the **top** of the oven, carefully turning halfway through, until golden-brown and cooked through, 18-22 min.**

4



Finish prep and make dressing

Core, then cut **apple** into ½-inch pieces. Add **Dijon**, **vinegar**, **¼ tsp sugar** (dbl for 4 ppl) and **remaining mayo** to a large bowl. Season with **salt** and **pepper**, then whisk to combine.

5



Finish and serve

Slice **pork**. Add **squash**, **apple** and **arugula and spinach mix** to the large bowl with **dressing**. Toss to combine. Divide **salad** between plates. Top with **pork**. Sprinkle **cranberries** and **remaining sunflower seeds** over top.

Dinner Solved!