



Fig-Maple Pork Tenderloin

with Broccoli and Garlic Roasted Potatoes

Family Friendly

35 Minutes



Pork Tenderloin



Maple Syrup



Fig Spread



Shallot



Russet Potato



Broccoli, florets



Garlic Salt



Dijon Mustard



Chicken Broth Concentrate

HELLO FIG SPREAD

Sweet, sticky and perfect for dressings or sauces!

Start here

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

Bust out

2 Baking sheets, measuring spoons, aluminum foil, parchment paper, paper towels, large non-stick pan, medium bowl, measuring cups

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Maple Syrup	2 tbsp	4 tbsp
Fig Spread	2 tbsp	4 tbsp
Shallot	50 g	100 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Garlic Salt	1 tsp	2 tsp
Dijon Mustard	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 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 and cook potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. Season with **½ tsp garlic salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil and ½ tsp garlic salt per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)



Cook broccoli

- Add **1 tbsp butter** (dbl for 4 ppl), then **broccoli** and **2 tbsp water** (dbl for 4 ppl) to the same pan (from step 2).
- Heat over medium-high. Cook, stirring occasionally, until **broccoli** is tender-crisp, 5-6 min. Season with **salt** and **pepper**, to taste.
- Transfer to a medium bowl, then cover to keep warm.



Cook pork

- Meanwhile, pat **pork** dry with paper towels, then season with **½ tsp garlic salt** (dbl for 4 ppl) and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to a parchment-lined baking sheet. Roast **pork** in the **middle** of the oven until cooked through, 14-16 min.**
- When **pork** is done, transfer to a plate. Cover with foil and let rest for 5 min.



Make fig-maple sauce

- Add **1 tbsp butter** (dbl for 4 ppl) to the same pan. Heat over medium, swirling the pan until melted, 1 min.
- Add **shallots**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **fig spread, maple syrup, Dijon, broth concentrate** and **¼ cup water** (dbl for 4 ppl). Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Remove the pan from heat.



Finish prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince **shallot**.



Finish and serve

- Thinly slice **pork**.
- Divide **potatoes, broccoli** and **pork** between plates.
- Spoon **fig-maple sauce** over **pork**.

Dinner Solved!