



# Herby Pork Loin

with Smashed Potatoes and Roasted Veggie Jumble

Family Friendly 35 Minutes



Pork Tenderloin



Thyme



Butternut Squash, cubes



Maple Syrup



Sweet Bell Pepper



Russet Potato



Yellow Onion



Garlic



Chicken Broth Concentrate



All-Purpose Flour



Red Wine Vinegar



Garlic Salt

HELLO THYME

*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

Baking sheet, vegetable peeler, colander, measuring spoons, potato masher, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Thyme	7 g	14 g
Butternut Squash, cubes	170 g	340 g
Maple Syrup	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Russet Potato	460 g	920 g
Yellow Onion	113 g	226 g
Garlic	6 g	12 g
Chicken Broth Concentrate	1	2
All-Purpose Flour	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Unsalted Butter*	4 tbsp	8 tbsp
Milk*	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.*

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## Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then mince or grate **garlic**. Peel, then cut **onion** into ¼-inch slices. Peel, then cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stems, then finely chop.



## Cook pork

While **potatoes** boil, pat **pork** dry with paper towels. Cut **pork** in half crosswise, then season with **thyme, remaining garlic salt 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, 4-5 min. Transfer **pork** to the baking sheet with **veggies**. Roast **pork** in the **middle** of the oven until cooked through, 14-16 min.\*\*



## Roast veggies

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



## Make pan sauce

While **pork** roasts, heat the same pan over medium. When hot, add **garlic** and **2 tbsp butter** (dbl for 4 ppl). Cook, stirring frequently, until **butter** is melted, 1-2 min. Sprinkle **flour** over **garlic** and cook, stirring often, until golden-brown, 1-2 min. Add **broth concentrate** and **½ cup water** (dbl for 4 ppl). Season with **salt and pepper**, then stir to combine. Bring to a simmer and cook until **sauce** thickens, 1-3 min.



## Make smashed potatoes

While **veggies** roast, add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) 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. Reserve **¼ cup water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Roughly mash **reserved water, 2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until slightly mashed. (NOTE: 'Smashed' potatoes will still have a few chunks!) Season with **half the garlic salt and pepper**, then stir to combine.



## Finish and serve

Thinly slice **pork**. Divide **pork, roasted veggie jumble** and **smashed potatoes** between plates. Drizzle **pan sauce** over **pork**.

## Dinner Solved!