



Herby Pork Loin

with Smashed Potatoes and Roasted Veggie Jumble

Family Friendly 40 Minutes



Pork Tenderloin



Thyme



Carrot



Maple Syrup



Sweet Bell Pepper



Russet Potato



Onion, sliced



Garlic Puree



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

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

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Thyme	7 g	7 g
Carrot	170 g	340 g
Maple Syrup	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Russet Potato	460 g	920 g
Onion, sliced	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
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*	3 tbsp	6 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.

Contact

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Prep

Core, then cut **pepper** into ½-inch pieces. Peel, then cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stems, then finely chop. Peel, then cut **carrot** into ½-inch pieces.



Make smashed potatoes

Meanwhile, 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. Drain and return **potatoes** to the same pot, off heat. Roughly mash **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 **remaining garlic salt** and **pepper**, then stir to combine.



Roast veggies

Add **carrots, peppers, onions, vinegar, half the maple syrup** 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

Meanwhile, heat the same pan (from step 3) over medium. When hot, add **garlic puree** and **1 tbsp butter** (dbl for 4 ppl). Cook, stirring frequently, until **butter** is melted, 1-2 min. Sprinkle **flour** over **garlic puree**. Cook, stirring often, until golden-brown, 1-2 min. Add **broth concentrate, remaining maple syrup** 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.



Cook pork

Meanwhile, pat **pork** dry with paper towels. Cut **pork** in half crosswise, then season with **thyme, half the 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 another parchment-lined baking sheet. Roast in the **bottom** of the oven until cooked through, 14-16 min.**



Finish and serve

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

Dinner Solved!