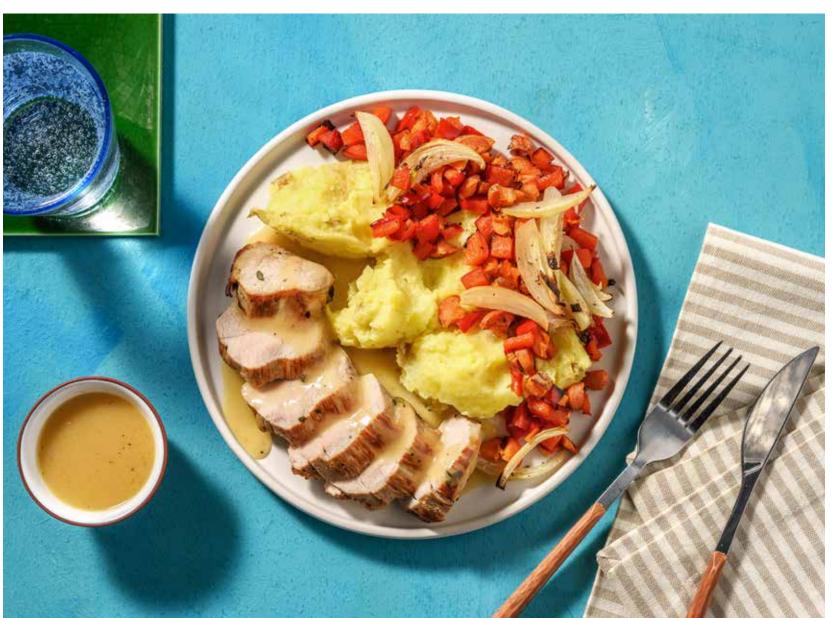


Herby Pork Loin

with Smashed Potatoes and Roasted Veggie Jumble

Family Friendly 40 Minutes













Maple Syrup

Russet Potato





Sweet Bell Pepper



Onion, sliced



Garlic Puree



Chicken Broth Concentrate



All-Purpose Flour



Red Wine Vinegar



Garlic Salt

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

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.



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 goldenbrown, 20-22 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 goldenbrown, 4-5 min. Transfer **pork** to another parchment-lined baking sheet. Roast in the **bottom** of the oven until cooked through, 14-16 min.**



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.



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.



Finish and serve

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

Dinner Solved!

^{**} Cook to a minimum internal temperature of 71°C/160°F, as size may vary.