



# HONEY-MUSTARD GLAZED PORK

with Apple-Lentil Green Salad



## HELLO

### MIREPOIX

A classic French cooking combo of chopped carrot, celery and onion

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 606



Pork Tenderloin



Mirepoix



Gala Apple



Sage



Lentils, canned



Honey



Whole-Grain Mustard



Red Wine Vinegar



Spring Mix

## BUST OUT

- Measuring Spoons
- Small Bowl
- Whisk
- Large Non-Stick Pan
- Baking Sheet
- Silicone Brush
- Medium Bowl
- Strainer
- Salt
- Pepper
- Olive or Canola oil

## INGREDIENTS

2-person | 4-person

- Pork Tenderloin 1 pkg (340 g) | 2 pkg (680 g)
- Mirepoix 1 pkg (227 g) | 2 pkg (454 g)
- Gala Apple 1 | 2
- Sage 1 pkg (10 g) | 1 pkg (10 g)
- Lentils, canned 1 can | 2 can
- Honey 2 pkg (2 tbsp) | 4 pkg (4 tbsp)
- Whole-Grain Mustard 6,9 1 pkg (2 tbsp) | 2 pkg (4 tbsp)
- Red Wine Vinegar 9 ½ bottle (1 tbsp) | 1 bottle (2 tbsp)
- Spring Mix 1 pkg (113 g) | 2 pkg (227 g)

## ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

## START STRONG

Preheat the oven to **425°F** (to roast the pork). Start prepping when the oven comes up to temperature!



**1 PREP** Wash and dry all produce. Core, then cut the **apple(s)** into ½-inch cubes. Roughly chop **1 tbsp sage leaves** (double for 4 people). Drain and rinse the **lentils**. In a small bowl, whisk together the **honey, mustard** and a drizzle of **oil**.



**2 COOK PORK** Pat the **pork** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Sear until golden-brown all over, 2-3 min per side. Transfer the pork to a baking sheet.



**3 ROAST PORK** Pour **half the honey-mustard** over the **pork**. Brush all over to coat. Roast in the centre of the oven until the pork is cooked through, 12-15 min. (**TIP:** Cook to a minimum internal temperature of 160°F.)



**4 COOK VEGGIES** Meanwhile, add another drizzle of **oil** to the same pan. Add the **mirepoix**. Cook, stirring occasionally, until veggies start to soften, 4-5 min. Add the **apple** and cook, stirring, until veggies are golden-brown, 3-4 min.



**5 ASSEMBLE SALAD** Add the **sage** and **½ bottle vinegar** (1 bottle for 4 people) to the pan. Stir for 1 min. Transfer the mixture to a medium bowl. Stir in a drizzle of **oil**. Toss in the **spring mix** and **lentils**. Season with **salt** and **pepper**.



**6 FINISH AND SERVE** Thinly slice the **pork**. Divide the **apple-lentil green salad** between plates. Top with the pork. Drizzle the **remaining honey-mustard** mixture over the **pork**.

## GENIUS!

The honey-mustard dressing can also be used to dress any salad.