



# Montreal Spiced Pork

## with DIY Zucchini Noodles

Carb Smart

35 Minutes



Pork Tenderloin



Zucchini



Sour Cream



Montreal Spice Mix



Garlic



Baby Spinach



Thyme

### HELLO DIY ZOODLES

*Thinly peel zucchini into ribbons then cut into slices for the perfect noodle fakeout!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

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

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Zucchini	400 g	600 g
Sour Cream	6 tbsp	12 tbsp
Montreal Spice Mix	1 tbsp	2 tbsp
Garlic	6 g	12 g
Baby Spinach	56 g	113 g
Thyme	7 g	7 g
Unsalted Butter*	1 tbsp	2 tbsp
Milk*	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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount*

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## Prep

Strip **½ tbsp thyme leaves** (dbl for 4 ppl) from the stems. Peel, then mince or grate **garlic**. Using a vegetable peeler, peel **zucchini** lengthwise into long ribbons. Sprinkle **salt** evenly over **zucchini ribbons**. Set aside. Pat **pork** dry with paper towels, then season with **Montreal Spice Mix**.



## Finish noodles

Add the **spinach, garlic** and **thyme** to the pan. Cook, stirring often until the **spinach** wilts, 2-3 min. Remove the pan from the heat and stir in **sour cream** and **2 tbsp milk** (dbl for 4 ppl).



## Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning often, until golden-brown, 4-6 min. Transfer **pork** to a baking sheet. Roast **pork** in the **top** of the oven, until cooked through, 14-16 min.\*\* Carefully wipe the pan clean.



## Finish and serve

Slice the **pork**. Divide the **zucchini noodles** between plates. Top with the **sliced pork**.

## Dinner Solved!



## Cook zucchini noodles

While **pork** roasts, pat the **salted zucchini ribbons** dry with paper towels. Re-heat the same pan over medium heat. When hot, add **1 tbsp butter**, then the **zucchini noodles**. Cook, stirring occasionally until tender crisp, 2-3 min. (**NOTE:** Cook in batches for 4 ppl, using 1 tbsp butter for each batch.)