



# PORCHETTA STYLE PORK LOIN

with Potato Smash and Green Beans

FAMILY



## HELLO PORCHETTA

Porchetta is a savoury, and moist boneless pork roast rolled tightly to keep in all the yummy Italian flavours!

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 519**



Pork Tenderloin



Sage



Lemon



Garlic



Fennel Seeds



Kale, chopped



Yellow Potato



Sour Cream



Sherry Vinegar



Chicken  
Demi-Glaze



Green Beans



Cornstarch



## BUST OUT

- Aluminum Foil
- Baking Sheet
- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Measuring Cups
- Medium Bowl
- Medium Pot
- Paper Towel
- Rolling Pin
- Plastic Wrap
- Potato Masher
- Strainer
- Whisk
- Zester
- Unsalted Butter **2 (4 tbsp)**
- Salt and Pepper
- Olive or Canola oil

## INGREDIENTS

4-person

• Pork Tenderloin	680 g
• Sage	10 g
• Lemon	1
• Garlic	6 g
• Fennel Seeds	1 tsp
• Kale, chopped	56 g
• Yellow Potato	600 g
• Sour Cream <b>2</b>	6 tbsp
• Sherry Vinegar <b>9</b>	1 tbsp
• Chicken Demi-Glace <b>2,9</b>	2
• Green Beans	340 g
• Cornstarch	1 g

## ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	6 Mustard/Moutarde
1 Wheat/Blé	7 Peanut/Cacahuète
2 Milk/Lait	8 Sesame/Sésame
3 Egg/Oeuf	9 Sulphites/Sulfites
4 Soy/Soja	10 Crustacean/Crustacé
5 Tree Nut/Noix	11 Shellfish/Fruit de Mer

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 71°C/160°F.

## START STRONG



Preheat the oven your broiler to **high** (to roast the Porchetta). Start prepping when the oven comes up to temperature!



## 1 PREP

**Wash and dry all produce.\*** Cut the **potatoes** into ½-inch cubes. Cut the stems off the **green beans**, if needed. Roughly chop the **sage**. Peel, the mince or grate the **garlic**. Finely chop the **kale**. Zest **1 tbsp lemon rind**. In a medium bowl, stir together the **kale**, **fennel seeds**, **lemon zest**, **garlic**, **half the sage**, **¼ tsp salt** and **¼ tsp pepper**. Set aside. Pat the **pork loin** dry with paper towel.



## 4 COOK POTATOES & BEANS

Meanwhile, in a medium pot, combine the **potatoes** with **6 cups water** and **2 tsp salt**. Cover and bring to a boil over high heat. Cook, covered, until the **potatoes** are fork-tender, 10-12 min. Meanwhile, heat the same pan (from step 3) over medium-high heat. When the pan is hot, add **½ tbsp oil**, then the **beans**. Cook, stirring occasionally, until tender-crisp, 5-6 min. Season with **salt** and **pepper**.



## 2 ROLL PORCHETTA

Carefully slice into centre of each **pork loin** – parallel to cutting board – leaving 1-inch intact on other end. Open the **loin** like a book. Place and cover each loin with plastic wrap. Using a mallet, rolling pin, or heavy-bottomed pan, pound each loin until ¼-inch thick. Remove the plastic wrap, then divide the **kale mixture** over the inside of loins. Starting at the long end of the loin, roll up to create a log shape. Season with **salt** and **pepper**.



## 5 MAKE PAN SAUCE

Transfer the **beans** to a plate and cover with foil to keep warm. Remove the pan from the heat. Add **1 cup water**, **cornstarch**, **demi-glaces**, **2 tbsp butter**, **1 tbsp vinegar** and **remaining sage** to the pan. Return the pan to the stove over medium heat. Cook, whisking together, until the **sauce** slightly thickens 2-3 min. Season with **salt** and **pepper**.



## 3 BROIL PORCHETTA

Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then **loins** seam side down. Sear, until golden-brown, 3-4 min. Carefully transfer **loins** to a baking sheet, then broil in the middle of the oven until cooked through, 10-12 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.\*\*)



## 6 FINISH AND SERVE

When **potatoes** are done, drain and return them to the same pot. Using a fork or potato masher, mash **sour cream** and **2 tbsp butter** into **potatoes** until smooth. Season with **salt** and **pepper**. Slice **pork**. Divide **mash**, **pork** and **beans** between plates. Spoon the **pan sauce** over the **pork**.

## YIPPIE!

Cut the remaining lemon into slices and place into hot water for a refreshing treat!