



Pork Tenderloin and Root Veggie Tray-Bake with Creamy Mustard Sauce

Family Friendly

35 Minutes



Pork Tenderloin



Red Onion



Butternut Squash,
cubes



Yellow Potato



Sage



Cream



Whole Grain Mustard



Chicken Broth
Concentrate



Garlic Salt



Garlic, cloves

HELLO PAN SAUCE

It's easy to add more flavour to the humble pork tenderloin with a simple pan sauce!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, parchment paper, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Red Onion	113 g	226 g
Butternut Squash, cubes	170 g	340 g
Yellow Potato	360 g	720 g
Sage	7 g	7 g
Cream	56 ml	113 ml
Whole Grain Mustard	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	½ tsp	1 tsp
Garlic, cloves	1	2
Unsalted Butter*	1 tbsp	2 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.

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Prep

Strip **sage leaves** from stems, then finely chop **1 tbsp** (dbl for 4 ppl). Peel, then cut **onion** into 1-inch pieces. Cut **potatoes** into ½-inch pieces. Peel, then mince or grate **garlic**.



Roast pork

Remove the pan from heat. Stir **veggies**, then transfer **pork** to the baking sheet, on top of **veggies**. Roast in the **middle** of the oven, until **veggies** are tender and **pork** is cooked through, 12-14 min.** (**NOTE:** For 4 ppl, use a second parchment-lined baking sheet for pork tenderloin and cook in the bottom of the oven.)



Roast veggies

Add **potatoes, onions, squash, half the sage** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine. Arrange in a single layer. Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min. (**NOTE:** Stir veggies before adding pork in step 4.)



Make sauce

While **pork** roasts, reheat the same pan (from step 3) over medium. Add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted, 30 sec. Add **mustard, broth concentrate, garlic, cream, remaining sage** and **1 tbsp water** (dbl for 4 ppl). Cook, stirring often, until **sauce** is fragrant and slightly thickened, 2-3 min. Season with **salt** and **pepper**.



Sear pork

Pat **pork** dry with paper towels, then season with **¼ tsp garlic salt** (dbl for 4 ppl) and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil**, then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.



Finish and serve

Thinly slice **pork**. Divide **veggies** between plates. Top with **sliced pork**. Pour **sage-mustard sauce** over **pork**.

Dinner Solved!