



Pork Tenderloin and Root Veggie Tray Bake with Gravy

Family Friendly

35 Minutes



Pork Tenderloin



Red Onion



Butternut Squash,
cubes



Yellow Potato



Sage



Sour Cream



Whole Grain Mustard



Chicken Broth
Concentrate



Garlic Salt



Garlic, cloves



Carrot

HELLO PAN GRAVY

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

Start here

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

Bust out

Baking sheet, parchment paper, vegetable peeler, measuring spoons, measuring cups, whisk, 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
Sour Cream	6 tbsp	12 tbsp
Whole Grain Mustard	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Garlic Salt	½ tsp	1 tsp
Garlic, cloves	1	2
Carrot	170 g	340 g
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.

Contact

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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 cut **carrot** into ¼-inch rounds.
- Peel, then mince or grate **garlic**.



Roast pork

- Remove the pan from heat.
- Transfer **pork** to the baking sheet, placing on top of **veggies**.
- Roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 12-14 min.**



Roast veggies

- Add **potatoes, carrots, 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 gravy

- Meanwhile, 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, remaining sage** and **½ cup water** (dbl for 4 ppl). Cook, whisking constantly and scraping up **any browned bits** on the bottom of the pan, 2-3 min.
- Add **sour cream**, then whisk until smooth, 1-2 min. Season with **salt** and **pepper**, to taste.



Start pork

- Meanwhile, pat **pork** dry with paper towels, then season with **half the garlic salt** (use all for 4 ppl) and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil**, then **pork**. (**NOTE:** Don't overcrowd the pan; cook pork in 2 batches for 4 ppl, using 1 tbsp oil per batch.)
- Sear **pork**, turning occasionally, until golden-brown on both sides, 6-8 min. (**NOTE:** Pork will finish cooking in step 4.)



Finish and serve

- Thinly slice **pork**.
- Divide **veggies** between plates, then top with **pork**.
- Spoon **gravy** over **pork**.

Dinner Solved!