



Pork Tenderloin and Veggie Tray-Bake

with Creamy Mustard Sauce

Family Friendly

30-40 Minutes



Pork Tenderloin



Yellow Onion



Yellow Potato



Sage



Cream



Whole Grain Mustard



Chicken Broth Concentrate



Garlic Salt



Carrot



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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

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

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Yellow Onion	113 g	226 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	1 tsp	2 tsp
Carrot	340 g	680 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 **potato** into ½-inch pieces.
- Peel, then cut **carrots** into ½-inch rounds.



Roast pork

- When **veggies** are halfway through roasting, carefully remove from the oven and stir.
- Arrange **pork** on top of **veggies**. (**NOTE:** For 4 ppl, use a second parchment-lined baking sheet for pork.)
- Roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 12-14 min. **** (NOTE:** For 4 ppl, roast pork in the bottom of the oven.)



Roast veggies

- Add **potatoes, onions, carrots, 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 **veggies** in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.



Make mustard sauce

- Meanwhile, heat 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, 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 **remaining garlic salt** and **pepper**, to taste.



Sear pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then season with **half the garlic salt** and **pepper**.
- When hot, add **1 tbsp oil**, then **pork**. Sear, turning occasionally, until golden-brown, 4-5 min.
- Remove the pan from heat.



Finish and serve

- Thinly slice **pork**.
- Divide **veggies** between plates. Top with **pork**.
- Spoon **mustard sauce** over **pork**.

Dinner Solved!