



Roasted Pork Tenderloin and Shallot Gravy

with Creamy Mash and Garlicky Roasted Broccoli

Family Friendly 45 Minutes



Pork Tenderloin



Broccoli, florets



Russet Potato



Garlic Salt



Shallot



Gravy Spice Blend



Chicken Broth Concentrate

HELLO SHALLOT

This allium may resemble an onion but is sweeter and milder in flavour!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, strainer, parchment paper, measuring cups, large pot, paper towels, large non-stick pan

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Broccoli, florets	227 g	454 g
Russet Potato	460 g	920 g
Garlic Salt	½ tsp	1 tsp
Shallot	100 g	200 g
Gravy Spice Blend	2 tbsp	4 tbsp
Chicken Broth Concentrate	2	4
Unsalted Butter*	3 tbsp	6 tbsp
Milk*	3 tbsp	6 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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Cook 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** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to a parchment-lined baking sheet.
- Roast **pork** in the **middle** of the oven until cooked through, 14-16 min. **



Start shallot gravy

- Meanwhile, peel, then cut **shallots** into ¼-inch slices.
- Heat the same pan (from step 1) over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl) to the pan, then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until softened, 2-3 min. Season with **salt** and **pepper**.



Cook potatoes

- Meanwhile, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a large pot (use same for 4 ppl). Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium. Simmer uncovered until fork-tender, 10-12 min.
- Drain and return **potatoes** to the same pot, off heat. Cover to keep warm.



Finish shallot gravy

- Add **Gravy Spice Blend**, **broth concentrates** and **1 cup water** (dbl for 4 ppl) to the pan with **shallots**.
- Bring to a boil over high.
- Reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Prep and cook broccoli

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Add **broccoli**, **1 tbsp oil**, **¼ tsp garlic salt** (dbl both for 4 ppl) to another parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast **broccoli** in the **top** of the oven until tender-crisp, 10-14 min.



Finish and serve

- Mash **2 tbsp butter** and **3 tbsp milk** (dbl both for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- When **pork** is done, transfer to a cutting board to rest for 3-5 min, then thinly slice.
- Divide **broccoli**, **mashed potatoes** and **pork** between plates.
- Spoon **shallot gravy** over **pork**.

Dinner Solved!