



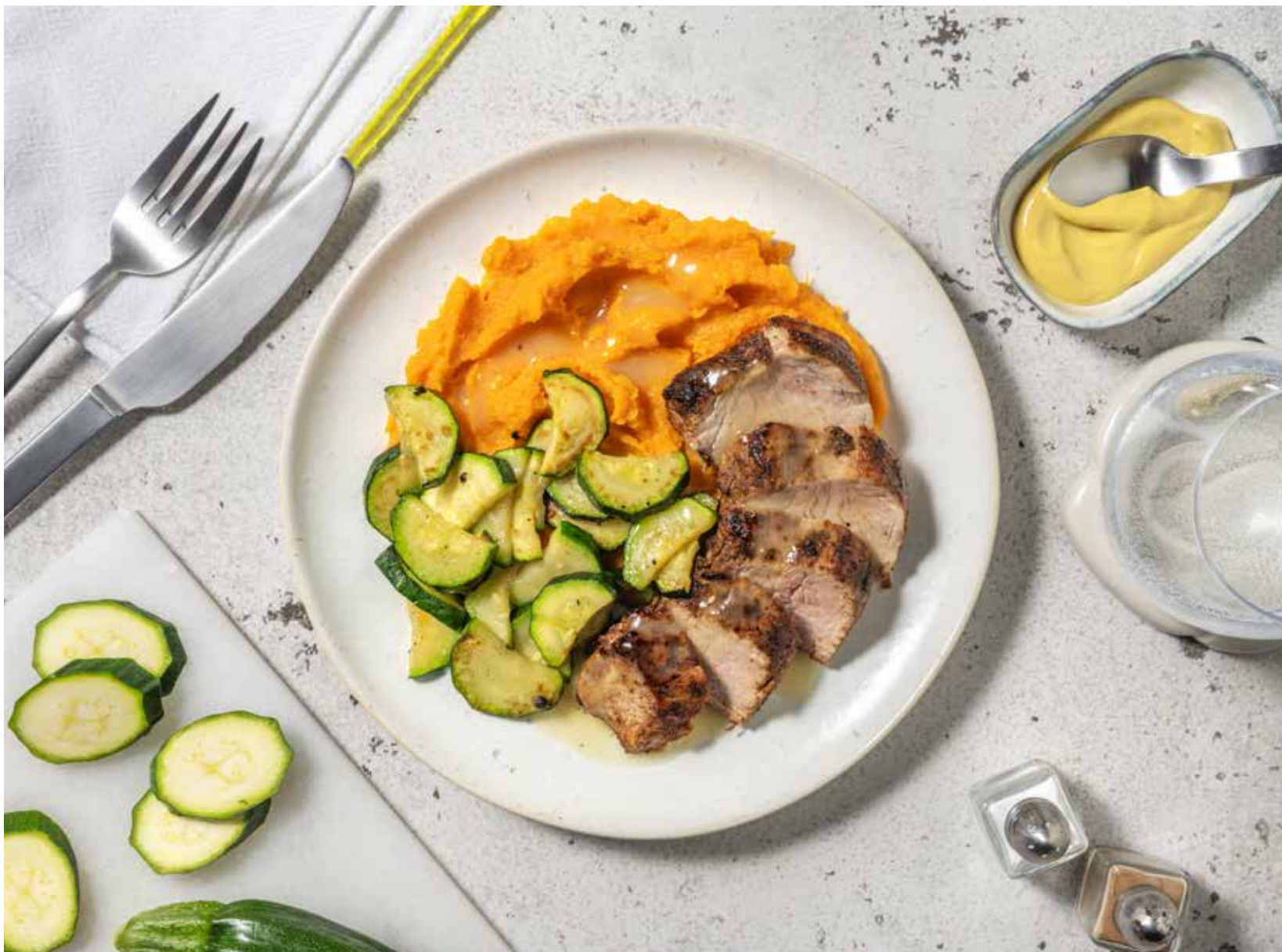
Smart Steakhouse-Style Pork

with Zucchini and Sweet Potato Mash

Calorie Smart

Carb Smart

30 Minutes



Pork Tenderloin



Sweet Potato



Zucchini



Sour Cream



Chicken Broth
Concentrate



Dijon Mustard



Montreal Steak Spice



Cornstarch

HELLO DIJON

A style of prepared mustard originating from, you guessed it, Dijon, France!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, strainer, parchment paper, whisk, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Sweet Potato	340 g	680 g
Zucchini	200 g	400 g
Sour Cream	3 tbsp	6 tbsp
Chicken Broth Concentrate	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Montreal Steak Spice	½ tbsp	1 tbsp
Cornstarch	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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1



Cook sweet potatoes

- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes**, **1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) 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 **sweet potatoes** to the same pot, off heat. Cover and set aside.

4



Cook zucchini

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **zucchini**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.
- Transfer **zucchini** to a plate, then cover to keep warm.

2



Prep

- Meanwhile, halve **zucchini** lengthwise, then cut into ¼-inch half-moons.
- Pat **pork** dry with paper towels, then, if applicable, cut into **2 equal pieces** on a separate cutting board (4 equal pieces for 4 ppl). Season with **salt** and **½ tbsp Montreal Steak Spice** (dbl for 4 ppl).

5



Make sauce

- Whisk together **½ cup water** (dbl for 4 ppl), **cornstarch**, **broth concentrate** and **Dijon** in a medium bowl until smooth.
- Add **cornstarch mixture** to the same pan. Bring to a gentle boil over medium, whisking occasionally, until **sauce** thickens slightly, 2-3 min.
- Remove from heat. Season **sauce** with **pepper**, then whisk in **half the sour cream** until smooth.

3



Cook pork

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 5-8 min.
- Transfer **pork** to a parchment-lined baking sheet.
- Roast in the **top** of the oven until cooked through, 14-16 min.**

6



Finish and serve

- Mash **remaining sour cream** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Thinly slice **pork**.
- Divide **pork**, **zucchini** and **sweet potato mash** between plates.
- Drizzle **sauce** over **pork**.

Dinner Solved!