



Spinach and Cheese Topped Pork Tenderloin

with Oven Potatoes and Buttered Broccoli

Family Friendly

40 Minutes



Pork Tenderloin



Baby Spinach



Cream Cheese



Mozzarella Cheese,
shredded



Garlic



Russet Potato



Broccoli, florets

HELLO CREAM CHEESE

This creamy tangy, cheese takes pork from simple to luxurious

Start here

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

Bust Out

Baking sheet, measuring spoons, large bowl, parchment paper, large non-stick pan, 8x8-inch baking dish

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Baby Spinach	56 g	113 g
Cream Cheese	43 g	86 g
Mozzarella Cheese, shredded	¾ cup	1 ½ cup
Garlic	6 g	12 g
Russet Potato	460 g	920 g
Broccoli, florets	227 g	454 g
Unsalted Butter*	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 our meal kit labels for the most current allergen 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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1



Prep and roast potatoes

Cut the **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Cut **potatoes** into 1-inch pieces. Toss **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 25-28 min.

2



Make topping

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **spinach**. Cook, stirring often, until wilted, 2-3 min. Remove pan from heat. Add **cream cheese, mozzarella, wilted spinach** and **garlic** to a large bowl. Mash together with a fork to combine. Season with **salt** and **pepper**. Set aside.

3



Sear pork

Pat the **pork** dry with paper towels. Cut **tenderloin** into 1 ½-inch thick medallions. Season with **salt** and **pepper**. Heat the same large non-stick pan over medium-high. When hot, add **1 tbsp oil**, then **pork**. Pan-fry, turning occasionally, until browned all over, 2-3 min. (**NOTE:** For 4 ppl, cook pork in batches, using 1 tbsp oil for each batch.)

4



Bake pork

Transfer **seared pork** to an 8x8-inch baking dish (9x13-inch dish for 4 ppl). Dollop the **cheese and spinach mixture** over top of the **pork**. Bake in the **top** of the oven until the **cheese** is golden-brown and **pork** is cooked through, 8-10 min. **

5



Cook broccoli

While the **pork** bakes, heat the same pan (from step 3) over medium. Add **3 tbsp butter** (dbl for 4 ppl) and swirl pan until melted, 1 min. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Stir together. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.

6



Finish and serve

Divide the **spinach and cheese topped pork, potatoes**, and **broccoli** between plates.

Dinner Solved!