



Steak-Spiced Pork Tenderloin

with Green Beans Amandine and Sweet Potato Mash

Calorie Smart

30 Minutes



Pork Tenderloin



Sweet Potato



Green Beans



Almonds, sliced



Sour Cream



Beef Broth Concentrate



Dijon Mustard



Chives



Montreal Steak Spice

HELLO AMANDINE

The French name of a dish garnished with almonds!

Start here

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

Bust out

Baking sheet, vegetable peeler, measuring spoons, potato masher, strainer, measuring cups, 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
Green Beans	170 g	340 g
Almonds, sliced	28 g	56 g
Sour Cream	3 tbsp	6 tbsp
Beef Broth Concentrate	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Chives	7 g	7 g
Montreal Steak Spice	½ tbsp	1 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.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Cook sweet potatoes

Peel, then cut **sweet potatoes** into ½-inch pieces. Combine **sweet potatoes**, **1 tsp salt** (dbl for 4 ppl) and **enough water** to cover (approx. 1-2 inches) in a large pot. (**NOTE:** 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 to same pot, then cover and set aside.



Toast almonds and cook green beans

Heat the same pan over medium. When hot, add **almonds**. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate. Add **green beans** and **¼ cup water** (dbl for 4 ppl) to the same pan. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 5-7 min. Remove pan from heat, then stir in **almonds** and **1 tsp oil** (dbl for 4 ppl). Toss to combine. Transfer to a plate. Cover to keep warm and set aside.



Prep

While **sweet potatoes** cook, trim **green beans**. Thinly slice **chives**. Pat **pork** dry with paper towels, then cut into **two equal pieces** (four equal pieces for 4 ppl). Season with **half the Montreal Steak Spice** (use all for 4 ppl).



Make sauce

Carefully wipe pan clean. Add **¼ cup water** (dbl for 4 ppl), **broth concentrate** and **Dijon** to the same pan. Whisk together until smooth. Cook over medium, stirring occasionally, until warmed through, 2-3 min. Remove pan from heat, then whisk in **half the sour cream** and season with **pepper**.



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 on all sides, 4-6 min. Remove pan from heat. Transfer **pork** to a baking sheet. Roast in the **middle** of the oven until **pork** is cooked through, 12-14 min.**



Finish and serve

Using a masher, mash **remaining sour cream** and **half the chives** into **sweet potatoes**, until smooth. Season with **salt** and **pepper**. Thinly slice **pork**. Divide **pork**, **green beans amandine** and **sweet potato** mash between plates. Drizzle **sauce** from the pan over **pork**. Sprinkle **remaining chives** over top.

Dinner Solved!