



Sticky Pork Bites

with Roasted Sweet Potatoes

Family Friendly 30 Minutes



Pork Tenderloin



Honey



Cornstarch



Rosemary



Gala Apple



Spring Mix



Red Wine Vinegar



Garlic Puree



Almonds, sliced



Sweet Potato

HELLO ALMONDS

These nuts are delicious, nutritious and versatile!

Start here

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

Bust Out

Baking sheet, 2 medium bowls, measuring spoons, large bowl, parchment paper, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Honey	2 tbsp	4 tbsp
Cornstarch	2 tbsp	4 tbsp
Rosemary	1 sprig	2 sprig
Gala Apple	1	2
Spring Mix	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic Puree	1 tbsp	2 tbsp
Almonds, sliced	28 g	56 g
Sweet Potato	340 g	680 g
Sugar*	¼ tsp	½ tsp
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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Roast sweet potatoes

Strip **½ tbsp rosemary leaves** (dbl for 4 ppl) from the stems, then finely chop. Cut **sweet potatoes** into 1-inch pieces. Add **sweet potatoes, rosemary** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 23-24 min.



Toast almonds

While **pork** bakes, heat the same pan non-stick pan over medium. When hot, add **almonds** to the dry pan. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate.



Coat pork

While **sweet potatoes** roast, pat **pork** dry with paper towels, then cut into 2-inch pieces. Add **pork, cornstarch** and **1 tsp salt** (dbl for 4 ppl) to a medium bowl. Toss to coat. Season with **pepper**.



Toss salad

Core, then cut **apple** into ½-inch pieces. Whisk together **vinegar, ¼ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) in a large bowl. Add **spring mix** and **apples**. Toss to coat.



Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear until golden-brown all over, 3-4 min. Remove pan from the heat and transfer **pork** to a baking sheet. Bake in the **top** of the oven, until cooked through, 8-10 min. ****** Carefully wipe the pan clean.



Finish and serve

Stir together **honey** and **garlic puree** in another medium bowl. Add **cooked pork**, season with **salt** and **pepper**, then toss to coat. Divide **salad, sweet potatoes** and **sticky pork** between plates. Sprinkle **toasted almonds** over the **salad**.

Dinner Solved!