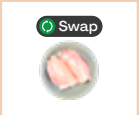




# Pork Tenderloin and Veggie Tray-Bake with Creamy Mustard Sauce

Family Friendly 30 - 40 Minutes



Chicken Thighs\*  
280 g | 560 g

Customized Protein + Add Swap or \*2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://hellofresh.ca)



Pork Tenderloin  
340 g | 680 g



Yellow Onion  
1 | 2



Yellow Potato  
350 g | 700 g



Sage  
7 g | 7 g



Cream  
56 ml | 113 ml



Whole Grain Mustard  
1 tbsp | 2 tbsp



Chicken Broth Concentrate  
1 | 2



Garlic Salt  
1 tsp | 2 tsp



Carrot  
2 | 4

**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.

**Pantry items** | Unsalted butter, oil, salt, pepper

**Cooking utensils** | Baking sheet, large non-stick pan, measuring spoons, paper towels, parchment paper, vegetable peeler

1



### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Strip **sage leaves** from **stems**, then finely chop **1 tbsp** (2 tbsp).
- Peel, then cut **onion** into 1-inch pieces.
- Cut **potato** into ½-inch pieces.
- Peel, then cut **carrots** into ½-inch rounds.

2



### Roast veggies

- Add **potatoes, onions, carrots, half the sage** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to combine.
- Arrange **veggies** in a single layer.
- Roast in the **middle** of the oven, stirring halfway through, until golden-brown and tender, 22-24 min.

3



### Sear pork

- Meanwhile, heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then season with **half the garlic salt** and **pepper**.
- When the pan is hot, add **1 tbsp oil**, then **pork**. Sear, turning occasionally, until golden-brown, 4-5 min.
- Remove the pan from heat.

4



### Roast pork

- When **veggies** are halfway through roasting, carefully remove from the oven and stir.
- Arrange **pork** on top of **veggies**. (**NOTE:** For 4 ppl, use a second parchment-lined baking sheet for pork.)
- Roast in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 12-14 min.\*\* (**NOTE:** For 4 ppl, roast pork in the bottom of the oven.)

5



### Make mustard sauce

- Meanwhile, heat the same pan (from step 3) over medium.
- Add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted, 30 sec.
- Add **mustard, broth concentrate, cream, remaining sage** and **2 tbsp** (4 tbsp) **water**. Cook, stirring often, until **sauce** is fragrant and slightly thickened, 2-3 min.
- Season with **remaining garlic salt** and **pepper**, to taste.

6



### Finish and serve

- Thinly slice **pork**.
- Divide **veggies** between plates. Top with **pork**.
- Spoon **mustard sauce** over **pork**.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Sear chicken

Swap | **Chicken Thighs**

If you've opted to get **chicken thighs**, season them in the same way the recipe instructs you to season the **pork**. To cook **chicken**, sear for 1-2 min per side, then roast in the same way the recipe instructs you to roast the **pork**\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook pork or chicken to minimum internal temperatures of 71°C/160°F or 74°C/165°F, as size may vary.