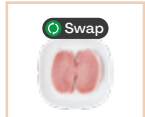




Roasted Pork Tenderloin and Shallot Gravy

with Creamy Mash and Garlicky Broccoli

Family Friendly 40-50 Minutes



Pork Chops
340 g | 680 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://www.hellofresh.ca)



Pork Tenderloin
340 g | 680 g



Broccoli
227 g | 454 g



Russet Potato
2 | 4



Garlic Salt
½ tsp | 1 tsp



Shallot
2 | 4



Gravy Spice Blend
2 tbsp | 4 tbsp



Chicken Broth Concentrate
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 | Oil, unsalted butter, pepper, salt, milk

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, paper towels, parchment paper, potato masher, colander, vegetable peeler

1



Cook pork

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

🔄 Swap | **Pork Chops**

- Pat **pork** dry with paper towels, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min. Transfer **pork** to a parchment-lined baking sheet.
- Roast **pork** in the **middle** of the oven until cooked through, 12-14 min.**

2



Cook potatoes

- Meanwhile, peel, then cut **potatoes** into 1-inch pieces.
- Add **potatoes**, **2 tsp salt** and **enough water to cover** (by approx. 1 inch) 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 **potatoes** to the same pot, off heat. Cover to keep warm.

3



Prep and cook broccoli

- Meanwhile, peel, then cut **shallots** into ¼-inch slices.
- Cut **broccoli** into bite-sized pieces.
- Heat the same pan (from step 1) over medium-high.
- When hot, add **broccoli** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp and water has evaporated, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil** and **¼ tsp** (½ tsp) **garlic salt**. Cook, stirring often, until fragrant, 1 min.
- Transfer **broccoli** to a plate, then cover to keep warm.

4



Start shallot gravy

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until softened, 2-3 min.
- Season with **salt** and **pepper**.

5



Finish shallot gravy

- Add **Gravy Spice Blend**, **broth concentrate** and **1 cup** (2 cups) **water** to the pan with **shallots**.
- Bring to a boil over high.
- Reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 2-5 min.
- Add **any juices from pork** to the pan with **gravy**. Stir to combine.
- Season with **salt** and **pepper**, to taste.

6



Finish and serve

- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- When **pork** is done, transfer to a cutting board to rest for 3-5 min, then thinly slice.
- Divide **broccoli**, **mashed potatoes** and **pork** between plates.
- Spoon **shallot gravy** over **pork**.

Measurements within steps | **1 tbsp** (2 tbsp) **oil**
2 person 4 person Ingredient

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

1 | Cook pork

🔄 Swap | **Pork Chops**

If you've opted to get **pork chops**, sear until golden-brown, 2-3 min per side. Roast **pork** in the **middle** of the oven until cooked through, 8-10 min.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.