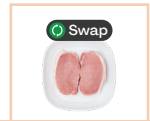




Classic Roasted Pork Tenderloin and Sage Gravy

with Corn, Zucchini and Sweet Potato Mash

Family Friendly 30-40 Minutes



Pork Chops

2 | 4

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](https://www.hellofresh.ca)



Pork Tenderloin

340 g | 680 g



Chicken Broth Concentrate

1 | 2



Gravy Spice Blend

2 tbsp | 4 tbsp



Sage

7 g | 7 g



Sweet Potato

2 | 4



Corn Kernels

113 g | 227 g



Garlic Spread

2 tbsp | 4 tbsp



Zucchini

1 | 2

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, salt, pepper, oil

Cooking utensils | Baking sheet, large non-stick pan, large pot, measuring cups, measuring spoons, medium bowl, paper towels, parchment paper, strainer, vegetable peeler

1



Prep and cook pork

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

Swap | Pork Chops

- Strip **1 tbsp** (2 tbsp) **sage leaves** from stems, then finely chop.
- Pat **pork** dry with paper towels, then season with **half the sage, 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, 5-7 min.
- Transfer **pork** to the parchment-lined baking sheet with **corn**. Roast **pork** in the **top** of the oven until **pork** is cooked through, 14-16 min.**

4



Make gravy

- Add **remaining garlic spread** to the pan, then swirl to melt.
- Add **remaining sage** and **Gravy Spice Blend**. Cook, stirring constantly, until fragrant, 20 sec.
- Add **1 cup** (2 cups) **water**, then **Gravy Spice Blend** and **broth concentrate**. Bring to a boil over high heat, then reduce heat to medium. Simmer, stirring occasionally, until **gravy** thickens, 3-4 min. Season with **salt** and **pepper**, to taste.

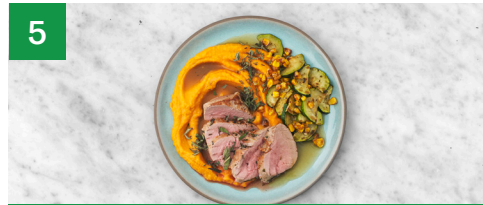
2



Boil sweet potatoes

- Meanwhile, peel, then cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes, 1 tsp salt** and **enough water** to cover (by approx. 1-2 inches) 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 **sweet potatoes** to the same pot, off heat.

5



Finish and serve

- Mash **1 tbsp** (2 tbsp) **butter** into **sweet potatoes** until smooth. Season with **salt** and **pepper**, to taste.
- Slice **pork**.
- Divide **mash, veggies** and **pork** between plates.
- Spoon **gravy** over **pork**.

3



Prep and cook veggies

- Meanwhile, halve **zucchini**, then cut into ¼-inch half-moons.
- Heat the same pan (used in step 1) over medium-high. Add **half the garlic spread**, then swirl the pan to melt.
- Add **corn** and **zucchini** to the pan. Cook, stirring occasionally, until warmed through, 1-2 min.
- Add **zucchini**. Cook, stirring occasionally, until tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Transfer the **veggies** to a medium bowl, then cover to keep warm.

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 | Prep and cook pork

Swap | Pork Chops

If you've opted to get **pork chops**, prep and season **pork** in the same way as the **tenderloin**. Sear **pork chops** for 2-3 min per side, then roast until cooked through 8-10 min.** Follow the rest of the recipe as written.

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