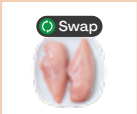




Cal Smart Roasted Pork and Veggies with Fig Gravy

Smart Meals

35 Minutes



Chicken Breasts
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](http://www.hellofresh.ca)



Pork Tenderloin
340 g | 680 g



Red Onion
1 | 2



Carrot
2 | 4



Zesty Garlic Blend
7 g | 14 g



Chicken Broth Concentrate
1 | 2



Fig Spread
2 tbsp | 4 tbsp



Russet Potato
2 | 4



Dijon Mustard
½ tbsp | 1 tbsp

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, salt, pepper

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then halve **onion**. Chop **2 tbsp** (4 tbsp) **onion**, then cut **remaining onion** into ½-inch slices.
- Remove any brown spots from **potatoes**, then cut **potatoes** into ½-inch pieces.
- Peel, then cut **carrots** into ½-inch moons.

2



Roast veggies

- Line a baking sheet with parchment paper.
- To the baking sheet, add **sliced onions, potatoes, carrots, 1 tbsp** (2 tbsp) **oil, half the Zesty Garlic Blend, salt and pepper**. Toss to combine.
- Arrange **veggies** in a single layer.
- Roast in the **middle** of the oven for 22-24 min, stirring halfway through, until golden and tender.

3



Prep and sear pork

🔄 Swap | **Chicken Breasts**

- Meanwhile, pat **pork** dry with paper towels. Spread **half the Dijon** over **pork**, then season with **remaining Zesty Garlic Blend, salt and pepper**.
- In a large non-stick pan, heat **1 tbsp** (2 tbsp) **oil** over medium-high. Sear 4-5 min, turning occasionally, until golden.

4



Finish cooking pork

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

5



Make sauce

- Heat the same pan (used in step 3) over medium.
- When hot, add **chopped onions**. Cook 3-4 min, stirring occasionally, until tender. Season with **salt and pepper**.
- Add **fig spread, broth concentrate, remaining Dijon** and **¼ cup** (½ cup) **water**. Stir to combine. Cook 1-2 min, stirring occasionally, until thickened slightly.
- Season with **salt and pepper**, then remove from heat.

6



Finish and serve

- Transfer **pork** to a clean cutting board and loosely cover with foil and set aside to rest for 2-3 min.
- Thinly slice **pork**.
- Divide **roasted veggies** between plates.
- Top with **pork**.
- Drizzle **fig sauce** over top.

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.

3 | Prep and sear chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, prep in the same way as the recipe instructs you to prep **pork chops**. Sear 1-2 min per side, then roast as instructed.**

* 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 and chicken to minimum internal temperatures of 160°F and 165°F, respectively.