



# Sheet Pan Pork Tenderloin and Veggies

## with Creamy Mustard Sauce

Family Friendly 30-40 Minutes

Swap



Chicken Breasts  
2 | 4

Customized Protein

+ Add

Swap

or

x2 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



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** | 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) **sage**.
- Peel, then cut **onion** into 1-inch pieces.
- Remove any brown spots from **potatoes** and cut into ½-inch pieces.
- Peel, then cut **carrots** into ½-inch rounds.

2



## Roast veggies

- To a parchment-lined baking sheet, add **potatoes, onions, carrots, half the sage** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then 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



## Sear pork

- [Swap](#) | **Chicken Breasts**
- Meanwhile, heat a large non-stick pan over medium-high.
- 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** (2 tbsp) **oil**, then **pork**. Sear for 4-5 min, turning occasionally, until golden.
- Remove the pan from heat.

4



## Roast pork

- [Swap](#) | **Chicken Breast**
- When the **veggies** are halfway through roasting, carefully remove from the oven and stir.
- Arrange **pork** on top of **veggies**. (**NOTE:** For 4 servings, use a second parchment-lined baking sheet for the 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 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 for 2-3 min, stirring often, until **sauce** is fragrant and slightly thickened.
- Season with **remaining garlic salt** and **pepper**.

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-serving 4-serving 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 | Sear chicken

[Swap](#) | **Chicken Breast**

If you've opted to get **chicken breasts**, season in the same way the recipe instructs you to season **pork chops**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear for 1-2 min per side.

## 4 | Roast chicken

[Swap](#) | **Chicken Breasts**

Arrange **chicken** on top of **veggies**. Roast for 10-12 min, in the same way as the **pork**, until **veggies** are tender and **chicken** is cooked through.\*\*

\* 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 a minimum internal temperature of 160°F and 165°F respectively.