

Bacon-Wrapped Pork Tenderloin

with Maple Mash and Mustard Green Beans

Sugar Shack

35 Minutes

Customized Protein Add





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 🎥





Pork Tenderloin 340 g | 680 g





Bacon Strips 100 g | 200 g



Green Beans



170 g | 340 g



Maple Syrup



Sweet Potato

2 | 4

2 tbsp | 4 tbsp





Onion, chopped



56 g | 113 g









7 g | 14 g

All-Purpose Flour 1 tbsp | 2 tbsp



Garlic, cloves 3 | 6

Allengens 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. Cooking utensils | Baking sheet, parchment paper, vegetable peeler, measuring spoons, potato masher, colander, tongs, aluminum foil, large bowl, measuring cups, whisk, large pot, large non-stick pan, paper towels



Roast garlic and prep pork

- Before starting, preheat the oven to 425°F.
- · Wash and dry all produce.
- Peel garlic, then toss with ½ tbsp (1 tbsp) oil on a small sheet of foil. Wrap tightly to close.
 Add wrapped garlic to a parchment-lined baking sheet.
- Strip **1 tbsp** (2 tbsp) **thyme leaves** from stems. Roughly chop.
- Pat pork dry with paper towels. Season with salt, pepper and half the thyme.
- Wrap bacon strips around each tenderloin.
 (TIP: Overlapping strips by 1 inch helps keep bacon on pork tenderloin!)



Roast pork and garlic

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add ½ tbsp (1 tbsp) oil, then bacon-wrapped pork. Sear, turning occasionally, until bacon is golden-brown, 4-5 min.
- Transfer to the baking sheet with wrapped garlic.
- Roast in the middle of the oven until cooked through, 16-20 min.**



Cook sweet potatoes

- 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.



Make gravy and garlic oil

- Meanwhile, reheat the same pan (from step 2) over medium. When the pan is hot, add **onions**, stirring until softened, 1-2 min.
- Add **flour**. Cook, stirring to combine, 1 min.
- Add 1 cup (2 cups) water and broth concentrate. Cook, stirring to combine, 1 min. Add remaining thyme and bring to a simmer. Cook, stirring often, until gravy thickens, 2-5 min.
- When garlic is done, remove foil and transfer to a large bowl. Add mustard and ½ tbsp (1 tbsp) oil. Whisk until garlic is smooth.



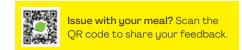
Cook beans and finish mash

- When sweet potatoes are almost done, add green beans to same pot without stirring.
 Cook until tender, 2-5 min.
- Using tongs, transfer green beans to garlic-mustard oil. Season with salt and pepper, then toss coat.
- Drain sweet potatoes and return to the same pot, off heat.
- Mash in maple syrup, 2 tbsp (¼ cup) milk and 2 tbsp (¼ cup) butter until smooth.
- Season mash with salt and pepper.



Finish and serve

- Stir **any juices** from the baking sheet into **gravy**.
- Thinly slice bacon-wrapped pork.
- Divide maple mash, pork and mustard green beans between plates.
- Spoon gravy over pork.



Measurements

within steps

oil

1 tbsp (2 tbsp)