



Bacon-Wrapped Pork Tenderloin

with Maple Mash and Mustard Green Beans

Sugar Shack

35 Minutes

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



Bacon Strips
100 g | 200 g



Green Beans
170 g | 340 g



Sweet Potato
2 | 4



Maple Syrup
2 tbsp | 4 tbsp



Whole Grain Mustard
1 tbsp | 2 tbsp



Onion, chopped
56 g | 113 g



Chicken Broth Concentrate
1 | 2



Thyme
7 g | 14 g



All-Purpose Flour
1 tbsp | 2 tbsp



Garlic, cloves
3 | 6

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, oil, salt, pepper, milk

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1



Roast garlic and prep pork

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Peel **garlic**, then toss with $\frac{1}{2}$ **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!)

2



Roast pork and garlic

- Heat a large non-stick pan over medium-high heat.
- When the pan is hot, add $\frac{1}{2}$ **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.**

3



Cook sweet potatoes

- Peel, then cut **sweet potatoes** into $\frac{1}{2}$ -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.

4



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 $\frac{1}{2}$ **tbsp** (1 **tbsp**) **oil**. Whisk until **garlic** is smooth.

5



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** ($\frac{1}{4}$ cup) **milk** and **2 tbsp** ($\frac{1}{4}$ cup) **butter** until smooth.
- Season **mash** with **salt** and **pepper**.

6



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**.

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



Issue with your meal? Scan the QR code to share your feedback.