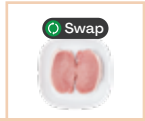




Cal Smart Nut-Crusted Pork Tenderloin

with Roasted Veggies

Smart Meal 35 Minutes



Pork Chops, boneless
340 g | 680 g

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



Broccoli
227 g | 454 g



Sweet Bell Pepper
1 | 2



Zucchini
1 | 2



Egg
1 | 2



Panko Breadcrumbs
¼ cup | ½ cup



All-Purpose Flour
2 tbsp | 4 tbsp



Almonds, sliced
28 g | 56 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Lemon
1 | 1

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 | 2 Baking sheets, measuring spoons, 2 shallow dishes, zester, parchment paper, whisk, paper towels

1



Prep

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

🔄 Swap | **Pork Chops**

- Roughly chop **almonds**.
- Zest **lemon**, then cut into wedges.
- Pat **pork** dry with paper towels, then, if applicable, cut into 2 equal pieces (4 pieces for 4 ppl) on a separate cutting board. Season with **salt** and **pepper**.

2



Prep pork

- Add **egg** and **2 tbsp** (4 tbsp) **warm water** to a shallow dish. Whisk to combine.
- Add **almonds**, **lemon zest** and **panko** to another shallow dish. Season with **salt** and **pepper**, then stir to combine.
- Sprinkle **flour** over **top of pork**, turning to coat all sides.
- Working with one piece at a time, add **pork** to the shallow dish with **egg mixture**, turning to coat all sides. Transfer **egg-coated pork** to dish with **panko mixture**.
- Turn and press all sides into **panko mixture** to coat completely.

3



Roast pork

- Transfer **crusted pork** to a parchment-lined baking sheet.
- Roast **pork** in the **middle** of the oven until cooked through, 24-26 min. **

4



Finish prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Core, then cut **pepper** into 2-inch pieces.
- Cut **zucchini** into ½-inch rounds.

5



Roast veggies

- Add **broccoli**, **peppers**, **zucchini**, **Zesty Garlic Blend** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **veggies** in the **top** of the oven until golden brown and tender-crisp, 8-12 min.

6



Finish and serve

- Cut **pork** into thick slices.
- Divide **pork** and **veggies** between plates.
- Squeeze a **lemon wedge** over top, if desired.

Measurements
within steps

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

1 | Prep

🔄 Swap | **Pork Chops**

If you've opted to get **pork chops**, no need to cut them into 2 pieces. Season and prep in the same way the recipe instructs you to season and prep the **pork tenderloin**. Decrease the roast time to 14-16 min. **

** Cook 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.