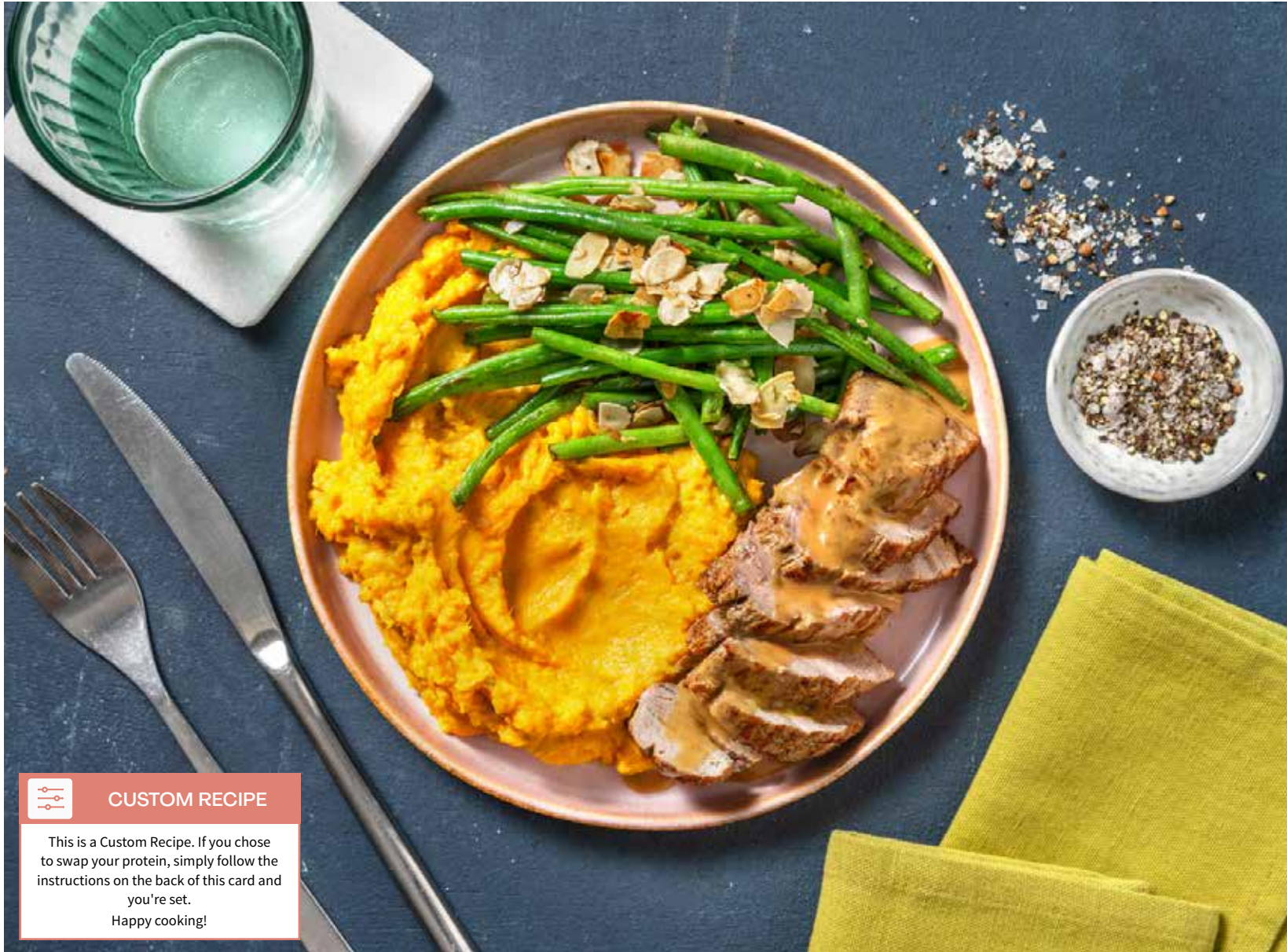




# Cal Smart Steak-Spiced Pork Tenderloin

with Green Beans Amandine and Sweet Potato Mash

Calorie Smart 30 Minutes



Pork Tenderloin



Pork Chops



Sweet Potato



Green Beans



Almonds, sliced



Sour Cream



Beef Broth Concentrate



Dijon Mustard



Montreal Steak Spice



Cornstarch



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set. Happy cooking!

HELLO AMANDINE

The French name of a dish garnished with almonds!


## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, potato masher, strainer, parchment paper, measuring cups, whisk, large pot, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
 Pork Chops	340 g	680 g
Sweet Potato	340 g	680 g
Green Beans	170 g	340 g
Almonds, sliced	28 g	28 g
Sour Cream	3 tbsp	6 tbsp
Beef Broth Concentrate	1	2
Dijon Mustard	1 ½ tsp	3 tsp
Montreal Steak Spice	½ tbsp	1 tbsp
Cornstarch	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

## 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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## 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. Drain and return **sweet potatoes** to the same pot, off heat. Cover and set aside.



## Make green beans amandine

While **pork** roasts, the same pan over medium. When hot, add **almonds**. Toast, stirring often, until golden-brown, 4-5 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **almonds** to a plate. Add **green beans** and **¼ cup water** (dbl for 4 ppl) to the same pan. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 5-7 min. Remove the pan from heat, then stir in **almonds** and **1 tsp oil** (dbl for 4 ppl). Toss to combine. Transfer **green beans** to a plate and cover to keep warm. Carefully wipe the pan clean.



## Prep

While **sweet potatoes** cook, trim **green beans**. Pat **pork** dry with paper towels, then cut into **2 equal pieces** (4 equal pieces for 4 ppl). Season with **half the Montreal Steak Spice** (use all for 4 ppl).

 **CUSTOM RECIPE**  
If you've opted to get **pork chops**, skip the instruction to cut the **pork**.




## Make sauce

Whisk together **½ cup water** (dbl for 4 ppl), **cornstarch**, **broth concentrate** and **Dijon** in a medium bowl until smooth. Add **cornstarch mixture** to the same pan. Bring to a gentle boil over medium, whisking occasionally, until **sauce** thickens slightly, 2-3 min. Remove the pan from heat. Season with **pepper**, then whisk in **half the sour cream**.



## Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min. Transfer **pork** to a parchment-lined baking sheet. Roast in the **top** of the oven until cooked through, 14-16 min.\*\*

 **CUSTOM RECIPE**  
If you've opted to get **pork chops**, pan-fry until golden, 2-3 min per side, then roast in the **middle** of the oven until cooked through, 10-12 min.\*\*



## Finish and serve

Mash **remaining sour cream** into **sweet potatoes** until smooth. Season with **salt** and **pepper**. Thinly slice **pork**. Divide **pork**, **green beans amandine** and **sweet potato mash** between plates. Drizzle **sauce** from the pan over **pork**.

## Dinner Solved!