



Fig-Maple Pork Tenderloin

with Brussels Sprouts and Garlic Roasted Potatoes

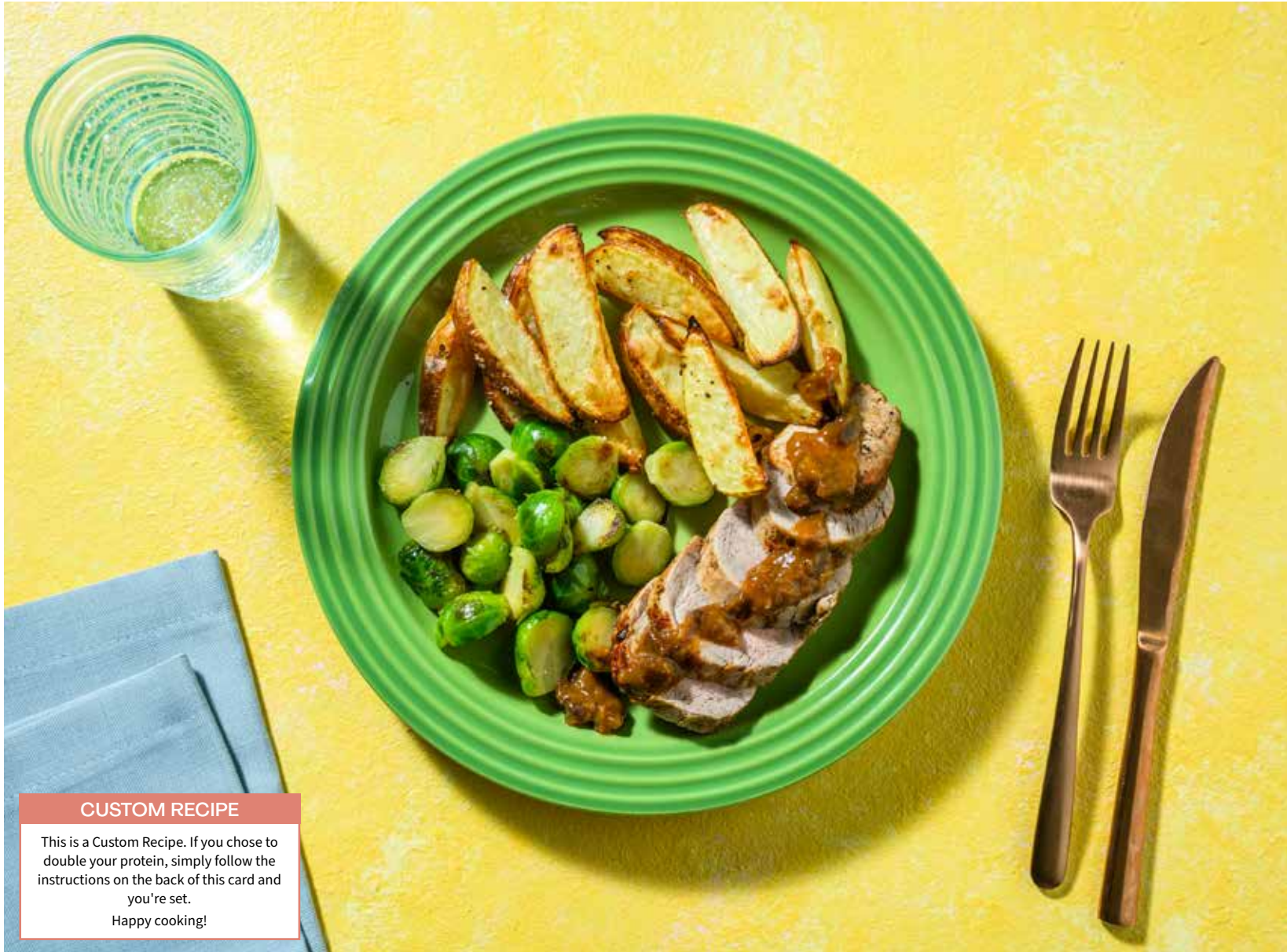
Top-Rated Special

Family Friendly

35 Minutes



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Pork Tenderloin



Double Pork Tenderloin



Maple Syrup



Fig Spread



Shallot



Russet Potato



Brussels Sprouts



Garlic Salt



Dijon Mustard



Chicken Broth Concentrate

CUSTOM RECIPE

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

Happy cooking!

HELLO FIG SPREAD

Sweet, sticky and perfect for dressings or sauces!

Start here

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

Measurements within steps **1** **1** **oil**
2 person 2 person 4 person Ingredient

Bust out

2 Baking sheets, medium bowl, measuring spoons, aluminum foil, parchment paper, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Double Pork Tenderloin	680 g	1360 g
Maple Syrup	2 tbsp	4 tbsp
Fig Spread	2 tbsp	4 tbsp
Shallot	50 g	100 g
Russet Potato	460 g	920 g
Brussels Sprouts	227 g	454 g
Garlic Salt	1 tsp	2 tsp
Dijon Mustard	1 ½ tsp	3 tsp
Chicken Broth Concentrate	1	2
Unsalted Butter*	2 tbsp	4 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.



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1



Prep and cook potatoes

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. Season with ½ **tsp garlic salt** and **pepper**, then toss to coat. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil and ½ tsp garlic salt per sheet.)
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the top and bottom of the oven, rotating sheets halfway through.)

4



Cook Brussels sprouts

- Add **1 tbsp** (2 tbsp) **butter** to the same pan (used in step 2) over medium-high, then **Brussels sprouts** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.
- Transfer to a medium bowl, then cover to keep warm.

2



Cook pork

- Meanwhile, pat **pork** dry with paper towels, then season with ½ **tsp** (1 tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 14-16 min.**
- When **pork** is done, transfer to a plate. Cover with foil and let rest, 5 min.

If you've opted for **double pork tenderloin**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork tenderloin**. Work in batches, if necessary.

5



Make fig-maple sauce

- Add **1 tbsp** (2 tbsp) **butter** to the same pan. Heat over medium, swirling the pan until melted, 1 min.
- Add **shallots**. Cook, stirring occasionally, until softened, 2-3 min.
- Add **fig spread**, **maple syrup**, **Dijon**, **broth concentrate** and ¼ **cup** (½ cup) **water**. Cook, stirring often, until **sauce** thickens slightly, 3-4 min.
- Remove from heat.

3



Prep

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Peel, then mince **shallot**.

6



Finish and serve

- Thinly slice **pork**.
- Divide **potatoes**, **Brussels sprouts** and **pork** between plates.
- Spoon **fig-maple sauce** over **pork**.

Dinner Solved!