

HELLO Fig-Maple Pork Tenderloinwith Broccoli and Garlic Roasted Potatoes

Top-Rated Special

35 Minutes







340 g | 680 g



2 tbsp | 4 tbsp





2 tbsp | 4 tbsp







227 g | 454 g



Garlic Salt



1 tsp | 2 tsp

Dijon Mustard 1 ½ tsp | 3 tsp



Chicken Broth Concentrate

1 | 2

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



Prep and cook potatoes

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



Cook pork

- Meanwhile, pat pork dry with paper towels, then season with salt and pepper.
- Heat a large non-stick pan over medium heat.
- When the pan is 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.



Prep

- Meanwhile, cut broccoli into bite-sized pieces.
- Peel, then mince shallot.



Cook broccoli

- Add 1 tbsp (2 tbsp) butter to the same pan (from step 2) over medium-high, then broccoli and 2 tbsp (4 tbsp) water.
- Cook, stirring occasionally, until tender,
 5-6 min. Season with ½ tsp (1 tsp) garlic salt and pepper.
- Transfer to a medium bowl, then cover to keep warm.



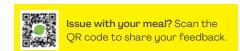
Make fig-maple sauce

- 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
 4 cup (½ cup) water. Cook, stirring often,
 until sauce thickens slightly, 3-4 min.
- Season with salt and pepper, to taste.
- Remove from heat.



Finish and serve

- Thinly slice pork.
- Divide garlic roasted potatoes, broccoli and pork between plates.
- Spoon **fig-maple sauce** over **pork**.



Measurements

within steps

oil

1 tbsp (2 tbsp)