



Fig-Maple Pork Tenderloin

with Broccoli and Garlic Roasted Potatoes

Top-Rated Special 35 Minutes



Pork Tenderloin
340 g | 680 g



Maple Syrup
2 tbsp | 4 tbsp



Fig Spread
2 tbsp | 4 tbsp



Shallot
1 | 2



Russet Potato
2 | 4



Broccoli, florets
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.

1



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.)

2



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.

3



Prep

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

4



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.

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.
- Season with **salt** and **pepper**, to taste.
- Remove from heat.

6



Finish and serve

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

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



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