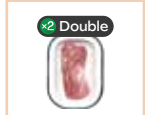




# Herby Pork Tenderloin

## with Smashed Potatoes and Roasted Veggie Jumble

Top-Rated Special 40 Minutes



Pork Tenderloin  
680 g | 1360 g

Custom Recipe + 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



Russet Potato  
2 | 4



Butternut Squash,  
cubes  
170 g | 340 g



Sweet Bell Pepper  
1 | 2



Onion, sliced  
56 g | 113 g



Thyme  
7 g | 7 g



Maple Syrup  
2 tbsp | 4 tbsp



Garlic Puree  
1 tbsp | 2 tbsp



Chicken Broth  
Concentrate  
1 | 2



All-Purpose Flour  
1 tbsp | 2 tbsp



Red Wine Vinegar  
1 tbsp | 2 tbsp



Garlic Salt  
1 tsp | 2 tsp

**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, unsalted butter, salt, pepper, milk

**Cooking utensils** | 2 Baking sheets, vegetable peeler, colander, measuring spoons, potato masher, parchment paper, measuring cups, large pot, large non-stick pan, paper towels

1



### Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **potatoes** into ½-inch pieces.
- Strip **thyme leaves** from stems, then finely chop.

2



### Roast veggies

- Add **squash, peppers, onions, vinegar, half the maple syrup** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet.
- Season with **salt** and **pepper**, then toss to combine.
- Roast in the **bottom** of the oven, stirring halfway through, until tender and golden-brown, 20-22 min.

3



### Cook pork

×2 Double | **Pork Tenderloin**

- Meanwhile, pat **pork** dry with paper towels.
- Cut in half crosswise, then season with **thyme, pepper** and ½ **tsp** (1 **tsp**) **garlic salt**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min.
- Transfer **pork** to another parchment-lined baking sheet.
- Roast in the **middle** of the oven until cooked through, 12-15 min.\*\*
- Transfer to a cutting board to rest, 3-5 min.

4



### Make smashed potatoes

- Meanwhile, add **potatoes, 2 tsp salt** and **enough water** to cover (by approx. 1 inch) 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 to the same pot, off heat.
- Roughly mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until slightly mashed. (**NOTE:** 'Smashed' potatoes will still have a few chunks!)
- Season with **pepper** and ½ **tsp** (1 **tsp**) **garlic salt**, then stir to combine.

5



### Make pan sauce

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **garlic puree** and **1 tbsp** (2 tbsp) **butter**. Cook, stirring frequently, until **butter** is melted, 1-2 min.
- Sprinkle **flour** over top. Cook, stirring often, until golden-brown, 1-2 min.
- Add **broth concentrate, remaining maple syrup** and ½ **cup** (1 **cup**) **water**. Season with **salt** and **pepper**, then stir to combine.
- Bring to a simmer and cook until **sauce** thickens, 1-3 min.

6



### Finish and serve

- Thinly slice **pork**.
- Divide **herby pork, roasted veggie jumble** and **smashed potatoes** between plates.
- Drizzle **pan sauce** over **pork**.

Measurements  
within steps

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

### 3 | Cook pork

×2 Double | **Pork Tenderloin**

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.

\*\* 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.