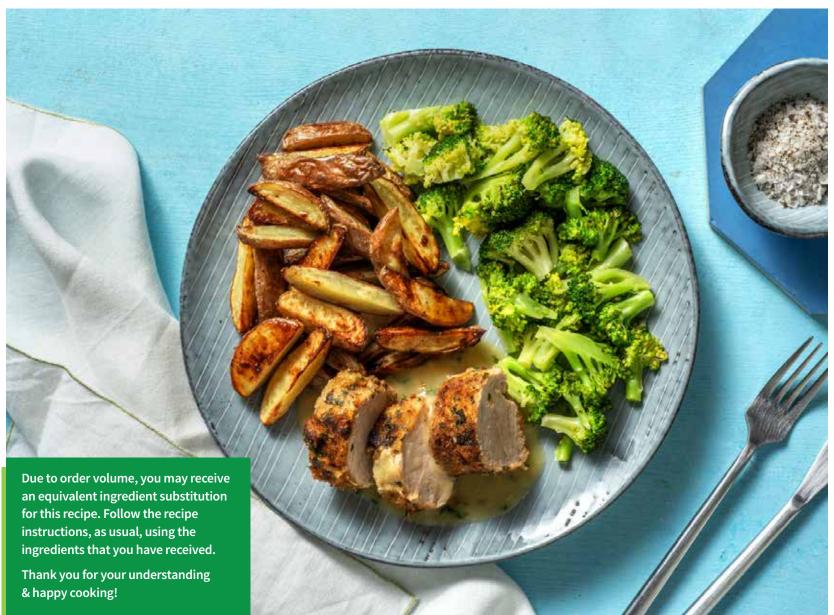


# Mustard and Herb-Crusted Pork

with Roasted Potatoes and Broccoli

40 Minutes







Oregano



Red Potato







Broccoli, florets

Dijon Mustard

Panko Breadcrumbs



Honey



Chicken Broth Concentrate



Cornstarch

## Start here

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

#### **Bust Out**

Baking sheet, measuring spoons, shallow dish, silicone brush, parchment paper, small bowl, measuring cups, whisk, large non-stick pan, paper towels

## Ingredients

ingi calcino		
	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Oregano	7 g	7 g
Red Potato	300 g	600 g
Dijon Mustard	2 tbsp	4 tbsp
Panko Breadcrumbs	¼ cup	½ cup
Broccoli, florets	227 g	454 g
Honey	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Cornstarch	1 tbsp	2 tbsp
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 our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

### Contact

Share your photos #HelloFreshLife Call or email us | (855) 272-7002 hello@hellofresh.ca HelloFresh.ca



# Roast potatoes

Cut the **potatoes** into ½-inch wedges. Toss the **potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, until the **potatoes** are golden-brown, 25-28 min.



## Prep

While **potatoes** roast, finely chop **1 tbsp oregano leaves** (dbl for 4 ppl). Cut **broccoli** into bite-sized pieces. Combine **panko** and **half the oregano** in a shallow dish. Set aside. Stir together **honey** and **half the mustard** in a small bowl. Set aside. Pat the **pork** dry with paper towels. Season with **salt** and **pepper**.



## Sear pork

Brush the **honey mixture** all over the **pork**, then press gently into the **panko mixture** so it sticks all over. Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **pork**. Sear until golden-brown all over, 2-3 min per side. Transfer **pork** to the same baking sheet in the oven with **potatoes**. (NOTE: For 4 ppl, use another baking sheet for the pork and roast in the top of the oven.)



#### Cook broccoli

Continue roasting **pork** and **potatoes** in the **middle** of the oven, until **pork** is cooked through, 14-18 min.\*\* Meanwhile, carefully wipe the same pan clean. Add **1 tbsp butter** (dbl for 4 ppl), swirl pan until melted, 1 min. Add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Stir together. Cook, covered, stirring occasionally, until tender, 5-6 min. Season with **salt** and **pepper**.



### Make sauce

Wipe the same pan clean. Whisk together cornstarch and ¾ cup water (dbl for 4 ppl) in another small bowl. Set aside. Heat the same pan over medium heat. When hot, add 1 tbsp butter (dbl for 4 ppl). Swirl pan until melted, 1-2 min. Add broth concentrate(s), cornstarch mixture, remaining oregano and remaining mustard. Cook, whisking together, until sauce reduces slightly, 2-3 min.



### Finish and serve

Thinly slice the **pork**. Divide the **pork**, **potatoes** and **broccoli** between plates. Serve the **pan sauce** on the side.

## **Dinner Solved!**