



# Pine Nut Crusted Pork Tenderloin

with Horseradish Mash

Special

35 Minutes



Pork Tenderloin



Butternut Squash, cubes



Rosemary



Russet Potato



Honey



Dijon Mustard



Horseradish



Sour Cream



Red Onion



Pine Nuts



Mayonnaise



Garlic Puree

HELLO PINE NUTS

*These tree nuts have a mild, earthy flavour.*

## Start here

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

## Bust Out

2 Baking sheets, vegetable peeler, colander, potato masher, shallow dish, silicone brush, parchment paper, 2 small bowls, large pot

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Butternut Squash, cubes	340 g	680 g
Rosemary	1 sprig	2 sprig
Russet Potato	460 g	920 g
Honey	1 tbsp	2 tbsp
Dijon Mustard	2 tbsp	4 tbsp
Horseradish	1 tbsp	2 tbsp
Sour Cream	6 tbsp	12 tbsp
Red Onion	113 g	226 g
Pine Nuts	28 g	58 g
Mayonnaise	2 tbsp	4 tbsp
Garlic Puree	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

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## Prep

Strip **rosemary leaves** from the stem, then finely chop. Finely chop the **pine nuts**. Halve, peel, then thinly slice the **onion**. Stir together the **rosemary** and **chopped pine nuts** in a shallow dish. Stir together the **honey** and **half the Dijon** in a small bowl.



## Cook potatoes

While the **pork** and **veggies** roast, peel then cut the **potatoes** into 1-inch pieces. Combine **potato**, **1 tsp salt** and enough **water** to cover (approx. 1 inch) in a large pot. (**NOTE:** 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.



## Crust and roast pork

Pat the **pork** dry with paper towels, then season with **salt** and **pepper**. Brush **honey-mustard mixture** all over the **pork**. Press **pork** into the **rosemary-pine nut mixture**. Turn to coat completely. Transfer **pork** to a parchment-lined baking sheet. Roast **pork** in the **middle** of the oven, until cooked through, 18-22 min. \*\*



## Finish potatoes

When the **potatoes** are tender, drain and return to the same pot. Add **sour cream**, **horseradish** and **2 tbsp butter** (dbl for 4 ppl). Using a potato masher, mash together until creamy. Season with **salt** and **pepper**.



## Roast veggies

While the **pork** roasts, toss the **onions**, **squash**, **garlic puree** and **2 tbsp oil** (dbl for 4 ppl) on another parchment-lined baking sheet. Season with **salt** and **pepper**. Roast the **veggies**, in the **top** of the oven, until the **squash** is tender, 12-15 mins.



## Finish and serve

Stir together the **mayo** and **remaining Dijon** in another small bowl. Slice the **pork**. Divide the **pork**, **mash** and **roasted veggies** between plates. Serve with **Dijonnaise** on the side, for dipping.

## Dinner Solved!