



ROASTED PORK AND PEPPERCORN SAUCE

with Sweet Potato Mash, Roasted Brussels Sprouts and Peppercorn Sauce

PRONTO



HELLO

SMOKED PAPRIKA

Smoked paprika is the Spanish cousin to the more widely used sweet Hungarian paprika



Pork Tenderloin



Sweet Potato, cubes



Sour Cream



Brussels Sprouts



Beef Broth Concentrate



Black Peppercorns, crushed



Smoked Paprika

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 453

BUST OUT

- Baking Sheet
- Medium Pot
- Strainer
- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- Potato Masher
- Butter **2** (1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Pork Tenderloin 340 g | 680 g
- Sweet Potato, cubes 340 g | 680 g
- Sour Cream **2** 3 tbsp | 6 tbsp
- Brussels Sprouts 227 g | 454 g
- Beef Broth Concentrate 1 | 2
- Black Peppercorns, crushed **1** tsp | 1 tsp
- Smoked Paprika ½ tsp | 1 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG

Preheat the oven to **450°F** (to roast the Brussels sprouts and pork). Start prepping when the oven comes up to temperature!



1 ROAST BRUSSELS SPROUTS

Wash and dry all produce.* Cut the **Brussels sprouts** in half (or into quarters if they are large). On a baking sheet, toss the sprouts with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 18-20 min.



2 BOIL SWEET POTATOES

Meanwhile, in a medium pot, combine the **sweet potatoes** with enough **salted water** to cover. Bring to a boil over high heat, until the potatoes are fork-tender, 12-15 min. Meanwhile, pat the **pork tenderloin(s)** dry with paper towels. Season with **salt** and **pepper**.



3 COOK PORK

Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. Pan-fry until golden-brown all over, 2-3 min per side. Transfer the pork to the baking sheet with the **sprouts**. Roast in the centre of the oven until the pork is cooked through, 10-12 min. (**TIP:** Cook to a min. internal temp. of 160°F.**)



4 MAKE PAN SAUCE

Reduce heat to medium. In the same pan, add **½ cup water** (double for 4 ppl), **broth concentrate(s)** and **¼ tsp peppercorns** (double for 4 ppl). (**TIP:** Taste and add more **peppercorns**, 1/4 tsp at a time, if you would like your **sauce** spicier!) Stir, scraping up any brown bits from the bottom of the pan. Remove pan from heat and stir in the **sour cream**.



5 MAKE MASH

Drain the **sweet potatoes**, then return to the same pot. Add **1 tbsp butter** (double for 4 ppl) and **½ tsp smoked paprika** (double for 4 ppl) to the potatoes. Mash together with a fork or potato masher until smooth. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the pork, **roasted sprouts** and **sweet potato mash** between plates. Drizzle over the **peppercorn sauce**.

YUM!

This meal is packed with in-season vegetables like Brussels sprouts and sweet potatoes!

