



# Roasted Pork Tenderloin and Shallot Gravy

with Creamy Mash and Garlicky Broccoli

Family Friendly

40 - 50 Minutes



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Pork Tenderloin



Broccoli, florets



Russet Potato



Garlic Salt



Shallot



Gravy Spice Blend



Chicken Broth Concentrate

## HELLO SHALLOT

*This allium may resemble an onion but is sweeter and milder in flavour!*

## Start here

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

**Measurements within steps** **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

## Bust out

Baking sheet, vegetable peeler, measuring spoons, strainer, parchment paper, measuring cups, large pot, large non-stick pan, paper towels, potato masher

## Ingredients

|                           | 2 Person | 4 Person |
|---------------------------|----------|----------|
| Pork Tenderloin           | 340 g    | 680 g    |
| Broccoli, florets         | 227 g    | 454 g    |
| Russet Potato             | 460 g    | 920 g    |
| Garlic Salt               | ½ tsp    | 1 tsp    |
| Shallot                   | 100 g    | 200 g    |
| Gravy Spice Blend         | 2 tbsp   | 4 tbsp   |
| Chicken Broth Concentrate | 2        | 4        |
| Unsalted Butter*          | 3 tbsp   | 6 tbsp   |
| Milk*                     | 3 tbsp   | 6 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 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.*



### Cook pork

- Pat **pork** dry with paper towels, then season with **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- 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 a parchment-lined baking sheet.
- Roast **pork** in the **middle** of the oven until cooked through, 12-14 min.\*\*



### Start shallot gravy

- Meanwhile, reheat the same pan over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until softened, 2-3 min.
- Season with **salt** and **pepper**.



### Cook potatoes

- Meanwhile, peel, then cut **potatoes** into 1-inch pieces.
- 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 **potatoes** to the same pot, off heat. Cover to keep warm.



### Finish shallot gravy

- Add **Gravy Spice Blend**, **broth concentrate** and **1 cup** (2 cups) **water** to the pan with **shallots**.
- Bring to a boil over high.
- Reduce heat to medium. Cook, stirring often, until **sauce** thickens slightly, 2-5 min.
- Season with **salt** and **pepper**, to taste.



### Prep and cook broccoli

- Meanwhile, peel, then cut **shallots** into ¼-inch slices.
- Cut **broccoli** into bite-sized pieces.
- Heat the same pan (from step 1) over medium-high.
- When hot, add **broccoli** and **2 tbsp** (4 tbsp) **water**. Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.
- Add **1 tbsp** (2 tbsp) **oil** and **¼ tsp** (½ tsp) **garlic salt**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.
- Transfer **broccoli** to a plate, then cover to keep warm.



### Finish and serve

- Mash **2 tbsp** (4 tbsp) **butter** and **3 tbsp** (6 tbsp) **milk** into **potatoes** until creamy. Season with **salt** and **pepper**, to taste.
- When **pork** is done, transfer to a cutting board to rest for 3-5 min, then thinly slice.
- Divide **broccoli**, **mashed potatoes** and **pork** between plates.
- Spoon **shallot gravy** over **pork**.



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Dinner Solved!