



Smart Roasted Pork Tenderloin

with Buttery Cauliflower-Potato Mash and Shallot Gravy

Carb Smart

Calorie Smart

40 Minutes



Pork Tenderloin



Cauliflower, florets



Chicken Broth Concentrate



Shallot



Garlic Salt



Dijon Mustard



All-Purpose Flour



Zucchini



Montreal Steak Spice



Russet Potato



Soy Sauce

HELLO DIJON MUSTARD

A style of prepared mustard from, you guessed it, Dijon, France!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Cauliflower, florets	285 g	570 g
Chicken Broth Concentrate	1	2
Shallot	50 g	100 g
Garlic Salt	1 tsp	2 tsp
Dijon Mustard	1 tbsp	2 tbsp
All-Purpose Flour	1 tbsp	2 tbsp
Zucchini	200 g	400 g
Montreal Steak Spice	½ tbsp	1 tbsp
Russet Potato	230 g	460 g
Soy Sauce	½ tbsp	1 tbsp
Unsalted Butter*	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.

Contact

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Cook pork

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels, then cut in half crosswise.
- Coat **pork** all over with **Dijon**. Season with **¾ tsp garlic salt** (dbl for 4 ppl) and **half the Montreal Steak Spice** (use all for 4 ppl).
- When the pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min.
- Transfer **pork** to a parchment-lined baking sheet. Roast in the **middle** of the oven until cooked through, 12-15 min.**
- When **pork** is done, transfer to a clean cutting board to rest for 3-5 min.
- Reserve **any drippings** to add to **gravy**.



Start shallot gravy

- When **pork** is almost done, carefully wipe the same pan (from step 1) clean, then heat over medium.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shallots**. Cook, stirring often, until **shallots** soften slightly, 2-3 min.
- Sprinkle **flour** over **shallots**. Cook, stirring often, until coated, 1 min.



Cook cauliflower-potato mash

- Meanwhile, peel, then cut **potato** into 1-inch pieces.
- Cut **cauliflower** into bite-sized pieces.
- Add **cauliflower, 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-high. Cook uncovered until fork-tender, 10-12 min.
- Drain and return **veggies** to the same pot, off heat.
- Mash **2 tbsp butter** (dbl for 4 ppl) into **veggies** until almost creamy. (**NOTE:** Cauliflower-potato mash will still have a few lumps!) Season with **salt** and **pepper**, to taste.



Finish shallot gravy

- Gradually whisk in **¾ cup water** (dbl for 4 ppl) until smooth.
- Add **broth concentrate, soy sauce** and **any drippings** from the baking sheet with **pork**. Bring to a simmer over medium-high.
- Once simmering, cook, whisking occasionally, until **gravy** thickens slightly, 2-3 min.
- Season with **salt** and **pepper**, to taste.



Finish prep and roast zucchini

- Meanwhile, peel, then cut **shallot** into ¼-inch pieces.
- Cut **zucchini** into ¼-inch rounds.
- When **cauliflower and potatoes** start boiling, add **zucchini, remaining garlic salt** and **½ tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **pepper**, then toss to coat.
- Roast **zucchini** in the **top** of the oven until tender-crisp, 12-14 min.



Finish and serve

- Thinly slice **pork**.
- Divide **pork, cauliflower-potato mash** and **zucchini** between plates.
- Spoon **shallot gravy** over **pork**.

Dinner Solved!