



Smart Rosemary Pork Tenderloin

with Apricot-Mustard Vinaigrette, Apples and Roasted Brussels Sprouts

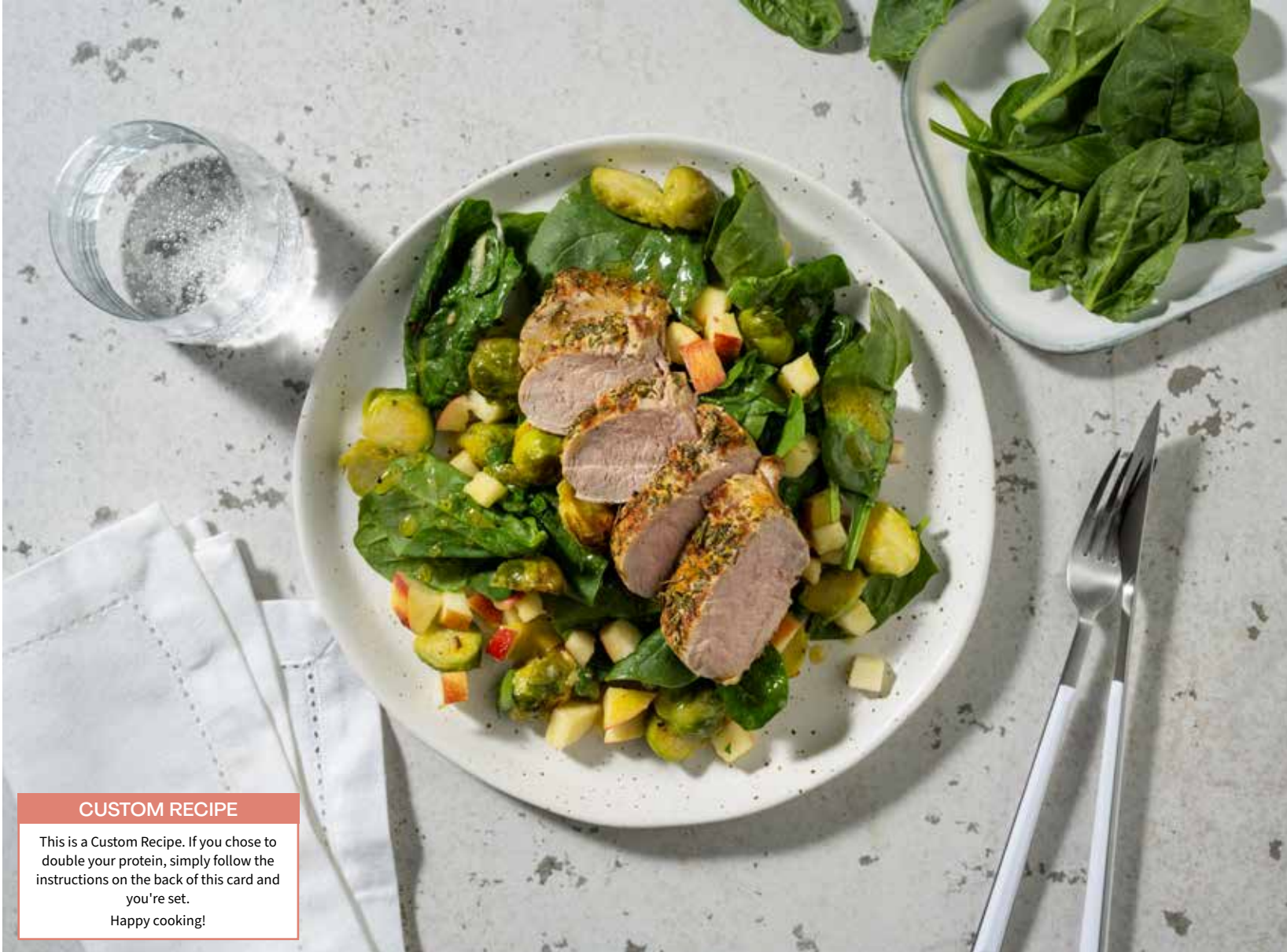
Carb Smart

Calorie Smart

35 Minutes



Issue with your meal?
Scan the QR code to
share your feedback.



CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Tenderloin



Double Pork Tenderloin



Rosemary



Garlic Salt



Baby Spinach



Gala Apple



Apricot Spread



White Wine Vinegar



Whole Grain Mustard



Brussels Sprouts

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

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

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Double Pork Tenderloin	680 g	1360 g
Rosemary	1 sprig	2 sprig
Garlic Salt	1 tsp	2 tsp
Baby Spinach	113 g	227 g
Gala Apple	1	2
Apricot Spread	2 tbsp	4 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Brussels Sprouts	170 g	340 g
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.



Prep

- Halve **Brussels sprouts** (if larger, quarter them).
- Strip **rosemary leaves** from stems, then finely chop.
- Heat a large non-stick pan over medium heat.
- Pat **pork tenderloin** dry with paper towels, then, if applicable, cut into **2 equal pieces** (4 pieces for 4 ppl). Season with **pepper** and **garlic salt**.



Make vinaigrette

- Meanwhile, add **vinegar**, **apricot spread**, **remaining mustard** and **1 ½ tbsp** (3 tbsp) **oil** to a small bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.



Cook pork

- When the pan is hot, add **1 tbsp** (1 ½ tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 5-7 min.
- Transfer **pork** to a parchment-lined baking sheet. Spread **half the mustard** over all sides, then sprinkle **rosemary** all over.
- Roast in the **top** of the oven until cooked through, 15-18 min.**
- Transfer **pork** to a cutting board to rest for 3-5 min.

If you've opted for **double pork tenderloin**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **pork**.



Make salad

- When **pork** is almost done, core, then cut **apple** into ½-inch pieces.
- Add **apples**, **spinach** and **Brussels sprouts** to a large bowl.
- Drizzle **half the vinaigrette** over top, then toss to coat.



Roast Brussels sprouts

- While **pork** sears, add **Brussels sprouts** and **½ tbsp** (1 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until **Brussels sprouts** are tender and crisp around the edges, 18-20 min.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Top with **pork**.
- Drizzle **remaining vinaigrette** over top.

Dinner Solved!



Issue with your meal?
Scan the QR code to
share your feedback.