

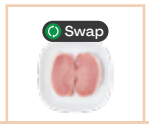


Smart Rosemary Pork Tenderloin

with Apricot-Mustard Vinaigrette, Apples and Roasted Broccoli

Smart Meal

35 Minutes



Pork Chops, boneless
340 g | 680 g

Customized Protein **+** Add **↻** Swap or ***2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Pork Tenderloin
340 g | 680 g



Rosemary
1 sprig | 2 sprigs



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



Broccoli, florets
227 g | 454 g

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.

Pantry items | Oil, salt, pepper

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

1



Prep

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

Swap | Pork Chops

- Cut **broccoli** into bite-sized pieces.
- 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, cut into 2 equal pieces (4 pieces for 4 ppl). Season with **pepper** and **garlic salt**.

2



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.

3



Roast broccoli

- While **pork** sears, add **broccoli** 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 **broccoli** is tender and crisp around the edges, 10-12 min.

4



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.

5



Make salad

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

6



Finish and serve

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

1 | Prep

Swap | Pork Chops

If you've opted to get **pork chops**, prepare, cook and plate in the same way the recipe instructs you to prepare, cook and plate the **pork tenderloin****.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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