



SWEET PORK TENDERLOIN AND APPLES

with Cauliflower Mash and Snap Peas



HELLO

CAULIFLOWER MASH

A tasty way to sneak extra veggies into potatoes

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 620**



Yukon Gold Potatoes



Pork Tenderloin



Sugar Snap Peas



Chicken Stock Concentrate



Cauliflower Florets



Dried Thyme



Gala Apple

START STRONG

Make sure to remove the core before chopping apples—you can use a spoon or melon baller to scoop out the fruit's seedy center.

BUST OUT

- Large pot
- Strainer
- Large pan
- Baking sheet
- Oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Cauliflower Florets **5 oz** | **10 oz**
- Pork Tenderloin **12 oz** | **24 oz**
- Dried Thyme **½ tsp** | **1 tsp**
- Sugar Snap Peas **6 oz** | **12 oz**
- Gala Apple **1** | **2**
- Chicken Stock Concentrate **1** | **2**

HELLO WINE

Looking for the perfect wine pairing? Join our new wine club at [HelloFresh.com/Wine](https://www.hellofresh.com/wine)



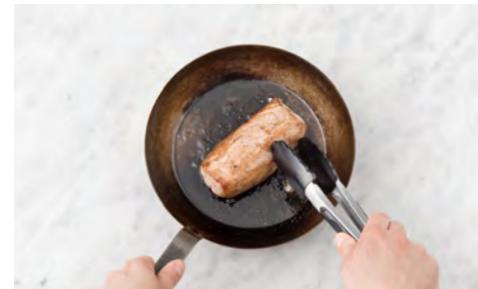
1 BOIL POTATOES AND CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Cut **potatoes** into 1-inch cubes. Place **potatoes** and half the **cauliflower** in a large pot with a pinch of **salt** and enough **water** to cover by 2 inches (we sent more **cauliflower** than needed). Bring to a boil and cook until very tender, 12-15 minutes. Drain and return to same pot.



4 MAKE PAN SAUCE

Halve and remove core from **apple**, then chop into ½-inch cubes. Melt **1 TBSP butter** with a drizzle of **oil** in same pan over medium heat. Add **apple** and cook until golden, 5-7 minutes, tossing occasionally. Season with **salt** and **pepper**. Stir in **stock concentrate** and **½ cup water**. Increase heat to medium high and cook until **apple** is tender and sauce is thick, 3-4 minutes.



2 SEAR PORK

Meanwhile, heat a drizzle of **oil** in a large pan over high heat. Season **pork** all over with **salt**, **pepper**, and **½ tsp thyme** (we sent more). Add to pan and cook, turning, until browned all over, 8-10 minutes.



5 MAKE CAULIFLOWER MASH

Add **1 TBSP butter** to pot with **potatoes** and **cauliflower**. (**TIP:** If potatoes and cauliflower have cooled, reheat briefly over low heat.) Toss to melt butter. Mash with a fork or potato masher until mostly smooth. Season with **salt** and **pepper**.



3 ROAST PORK AND SNAP PEAS

Trim any tough ends from **snap peas**. Once **pork** has browned, transfer to a baking sheet, placing toward one side. Add snap peas to other side and toss with a drizzle of **oil** and pinch of **salt** and **pepper**. Roast in oven until pork is cooked to desired doneness and snap peas are bright green and tender, 10-12 minutes.



6 FINISH AND PLATE

Slice **pork** into medallions. Divide **cauliflower mash** and **snap peas** between plates, then top with **pork**. Spoon **pan sauce** over pork, making sure to add pieces of apple.

BLOCKBUSTER!

The cauliflower mash is sure to be a veggie smash.

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