



SHEET PAN PORK WITH CREAMY MUSTARD

plus Rosemary Roasted Root Veggies & Apple

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Russet Potatoes



6 oz | 12 oz
Carrots



1 | 2
Red Onion



¼ oz | ½ oz
Rosemary



1 | 2
Apple



1 TBSP | 2 TBSP
Fry Seasoning



10 oz | 20 oz
Pork Filet



4 TBSP | 8 TBSP
Mayonnaise
Contains: Eggs



2 tsp | 4 tsp
Honey



4 tsp | 8 tsp
Dijon Mustard



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HelloCustom

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 760



10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 830



PREP: 15 MIN | COOK: 45 MIN | CALORIES: 770



HELLO

SHEET PAN DINNER

Pork and a colorful jumble of potatoes, carrots, onion, and apple, all roasted on one sheet pan for a hearty meal

GIVE IT A REST

Let the pork stand at least 5 minutes after cooking so the juices have a chance to settle—they keep the meat nice and moist.

BUST OUT

- Peeler
- Paper towels
- Baking sheet
- Small bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 PREP

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and cut **onion** into ½-inch-thick wedges. Strip **rosemary leaves** from stems; finely chop leaves until you have 2 tsp (**4 tsp for 4**). Halve, core, and cut **apple** into ½-inch-thick wedges.



2 ROAST VEGGIES

- Toss **potatoes, carrots, and onion** on a baking sheet with a **large drizzle of oil, chopped rosemary, half the Fry Seasoning (you'll use the rest in the next step), salt, and pepper.** (Divide between **2 baking sheets for 4 servings; roast on top and middle racks.**)
- Roast on top rack for 10 minutes (**you'll add the pork and apple then**).



3 ROAST PORK & APPLE

- While veggies roast, pat **pork*** dry with paper towels and season all over with **remaining Fry Seasoning, salt, and pepper.** Rub with a **drizzle of oil.**
- Once veggies have roasted 10 minutes, add pork to same sheet. Carefully toss **apple** with **veggies.** (**For 4 servings, add pork to one sheet and apple to other.**)
- Return to top rack until veggies and apple are browned and tender and pork is cooked through, 18-22 minutes more. (**For 4, return sheet with pork and veggies to top rack and sheet with veggies and apple to middle rack.**)

- 🔄 Swap in **chicken*** or **beef*** for pork;
- 🕒 Once **veggies** have roasted for 12 minutes, add chicken or beef to sheet. Roast until chicken is cooked through, 15-20 minutes, or until beef reaches to desired doneness, 12-15 minutes.



4 MAKE SAUCE

- Meanwhile, in a small bowl, combine **mayonnaise, honey, and mustard.** Season with **salt and pepper.**



5 SLICE PORK

- Once **pork** is done, carefully transfer to a cutting board. Let rest at least 5 minutes, then thinly slice crosswise. **TIP: Love extra-crispy veggies? While pork rests, heat broiler to high and return veggies to oven for 2-3 minutes more.**



6 SERVE

- Divide **pork and roasted veggies and apple** between plates. Serve with **creamy mustard** on the side for dipping.

*Pork is fully cooked when internal temperature reaches 145°.

🔄 *Chicken is fully cooked when internal temperature reaches 165°.

🕒 *Beef is fully cooked when internal temperature reaches 145°.

🔄 Slice **chicken** or **beef** against the grain.

