



OCT
2016

Braised Pork au Jus

with Broccoli and Parsnip Fries

This sandwich is all about the jus. A generous dunk in rich, rosemary-infused broth transforms this 'wich from great to legendary. Juicy pork tenderloin ups the ante even further! Oh, and parsnip fries are totally cooler than French fries. Trust us.



Prep
30 min



level 1



dairy
free



Pork Tenderloin



Demi-Baguette



Red Onion



Garlic



Vegetable Broth
Concentrate



Rosemary



Parsnip



Broccoli



Dried Oregano

Ingredients

	2 People	4 People
Pork Tenderloin	1 pkg (340 g)	2 pkg (680 g)
Baguette, 9-in	1)	2
Red onion, thinly sliced	1 pkg (113 g)	2 pkg (227 g)
Garlic	2 cloves	4 cloves
Vegetable Broth Concentrate	2	4
Rosemary	1 pkg (7 g)	2 pkg (14 g)
Parsnip, sticks	1 pkg (340 g)	2 pkg (680 g)
Broccolini	1 pkg (170 g)	2 pkg (340 g)
Dried Oregano	1 pkg (1 tsp)	2 pkg (2 tsp)
Olive or Canola Oil*		

*Not Included

Allergens

1) Wheat/Blé

Tools

Baking Sheet, Large Pan, Small Bowl, Measuring Cups, Measuring Spoons

Ruler

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Nutrition per person Calories: 564 cal | Fat: 14 g | Protein: 45 g | Carbs: 70 g | Fiber: 15 g | Sugar: 13 g | Sodium: 919 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



4

1 Preheat your oven to 400°F. (To bake the parsnips.) Start prepping when your oven comes up to temperature!

2 Prep: Wash and dry all produce. Thinly slice the **garlic**. Strip and finely chop **2 tsp** (double for 4 people) **rosemary leaves** off the sprigs. Cut the **broccolini** in half. Cut the **baguette** in half, crosswise, then lengthwise (to make two sandwiches!)



6

3 Roast the parsnip: On a baking sheet, toss the **parsnip** with a drizzle of **oil**, **half the rosemary** and a pinch of **salt** and **pepper**. Roast in the centre of oven, stirring halfway through, until golden brown and crispy, 20-25 min.

4 Meanwhile, season the **pork tenderloin** with **salt** and **pepper**. Heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **pork**. Sear the pork until browned on all sides, 1-2 min per side. Transfer the pork to a plate.



7

5 Reduce the heat to medium. Add the **onion** and the **garlic** to the pan. Cook, stirring often, until onions are soft, 4-5 min.

6 Make the braising liquid: Add the **broth concentrate(s)**, **dried oregano**, **remaining rosemary** and **1 cup water** (double for 4 people) to the pan. Add the **pork tenderloin** and **broccolini**. Cover the pan and simmer for 5 min. Flip the **pork** over, and continue cooking until pork is cooked through, 5-6 more min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Transfer the pork and broccolini to a plate.

7 Make the jus: Meanwhile, boil the braising liquid in the pan over high until reduced by half, 2-3 min.

8 Finish and serve: Slice the **pork** into 1/4-inch slices. Build the sandwiches by layering the **broccolini** and **braised pork** on each **baguette bottom**, then drizzle with the **onion gravy**. Serve with **parsnip fries** and extra **jus** for dipping. Enjoy!

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