



# Cal Smart Spicy Maple Pork

with Sweet Potato Fries and Broccoli

Calorie Smart

Spicy

30 Minutes



Pork Tenderloin



Cornstarch



Hot Sauce



Maple Syrup



Broccoli, florets



Garlic Salt



Sweet Potato



Southwest Spice Blend

HELLO MAPLE SYRUP

Maple syrup helps to highlight the natural sweetness of the pork!

## Start here

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

### Heat Guide for Step 5 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 1 ½ tsp
- Spicy: 3 tsp

## Bust out

Baking sheet, medium bowl, measuring spoons, large bowl, parchment paper, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Cornstarch	1 tbsp	2 tbsp
Hot Sauce 🌶️	3 tsp	6 tsp
Maple Syrup	2 tbsp	4 tbsp
Broccoli, florets	227 g	454 g
Garlic Salt	1 tsp	1 tsp
Sweet Potato	340 g	680 g
Southwest Spice Blend	1 tbsp	2 tbsp
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 our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## Roast sweet potatoes

Cut **sweet potatoes** into ¼-inch wedges. Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. Season with **Southwest Spice Blend**, **salt** and **pepper**, then toss coat. (**NOTE:** For 4 ppl, use 2 parchment-lined baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 22-24 min. (**NOTE:** For 4 ppl, roast in the middle and the top of the oven, rotating sheets halfway through.)



## Cook broccoli

While **pork** cooks, add **broccoli**, **remaining garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **pepper**, then toss to coat. Heat the same large pan over medium. When hot, add **broccoli** and **2 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until **broccoli** is tender-crisp, 4-5 min.



## Prep pork

While **sweet potatoes** roast, pat **pork** dry with paper towels. Add **cornstarch** and **half the garlic salt** to a medium bowl. Season with **pepper**, then stir to combine. Add **pork** to **cornstarch mixture**, then toss to coat.



## Make maple sauce

While **broccoli** cooks, add **maple syrup** and **1 ½ tsp hot sauce** to a small bowl. Season with **salt**, then stir to combine. (**NOTE:** Reference heat guide.)



## Cook pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **pork**. Cook, turning occasionally, until **pork** is golden-brown, 4-5 min. Transfer to baking sheet with **sweet potatoes** and cook in the **middle** of the oven until **pork** is cooked through and **sweet potatoes** are tender, 10-12 min.\*\*



## Finish and serve

Thinly slice **pork**. Divide **pork**, **sweet potatoes** and **broccoli** between plates. Drizzle **maple sauce** over **pork**.

## Dinner Solved!