



PORK AND APPLE SAUCE

with Roasted Carrot and Potato Coins

PRONTO



HELLO POTATO COINS

Cutting potatoes into coins makes for two perfectly golden brown sides!

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 506



Pork Tenderloin



Yukon Potato



Carrot, coins



Gala Apple



Vegetable Broth Concentrate



Apple Jelly



Sage



Ground Cinnamon

BUST OUT

- 2 Baking Sheets
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Spoons

INGREDIENTS

2-person | 4-person

- Pork Tenderloin 340 g | 680 g
- Yukon Potato 340 g | 680 g
- Carrot, coins 340 g | 680 g
- Gala Apple 1 | 2
- Vegetable Broth Concentrate 1 | 2
- Apple Jelly 2 tbsp | 4 tbsp
- Sage 10 g | 10 g
- Ground Cinnamon 1 tsp | 1 tsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG



Preheat the oven to **450°F** (to roast the veggies and pork). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES
Wash and dry all produce.* Slice the **potatoes** into ¼-inch rounds. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, (flipping them over when adding the other tray with the seared pork and **carrots**) until the potatoes are tender and golden-brown, 25-28 min.



4 PREP
Meanwhile, finely chop **1½ tsp sage leaves** (double for 4 ppl). Core, then cut the **apple(s)** into ½-inch cubes.



2 SEAR PORK
Meanwhile, pat the **pork tenderloin(s)** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Pan-fry until golden-brown all over, 2-3 min per side. Transfer to another baking sheet.



5 MAKE APPLE SAUCE
Heat the same non-stick pan over medium heat. Add the **apples, broth concentrate(s), apple jelly, sage** and **2 tbsp water** (double for 4 ppl). Simmer, stirring occasionally, until the apples are softened, 3-4 min.



3 ROAST PORK
On the baking sheet with the **pork**, toss the **carrots** and **¼ tsp cinnamon** (double for 4 ppl) with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, until the carrots are tender and the pork is cooked through, 14-18 min. (**TIP:** Cook to a minimum internal temp. of 160°F, as size may vary.**)



6 FINISH AND SERVE
Thinly slice the **pork**. Divide the pork, **potatoes** and **carrots** between plates. Spoon the **apple sauce** over the pork.

CLASSIC COMBO

The savoury sweet combo of pork, sage and apple never gets old.
A classic for a reason!