



FEB 2017

Roasted Pork Loin

with Sweet Potato Mash and Creamy Peppercorn Sauce

We've taken the best pork loin we could lay our hands on and teamed it up with super nutritious sweet potato mash. With our favourite peppercorn sauce, this quick weeknight meal could easily pass for a weekend specialty.

Prep 30 min

level 1



Pork Tenderloin



Sweet Potato



Broccoli



Beef Broth Concentrate



Sour Cream



Black Peppercorns



Smoked Paprika

Ingredients

	2 People	4 People
Pork Tenderloin	1 pkg (340 g)	2 pkg (680 g)
Sweet Potato, cubed	1 pkg (340 g)	2 pkg (680 g)
Broccoli, florets	1 pkg (227 g)	2 pkg (454 g)
Beef Broth Concentrate	1 pkg	2 pkg
Sour Cream	1 pkg (3 tbsp)	2 pkg (6 tbsp)
Black Peppercorns, crushed 	1 pkg (1 tsp)	1 pkg (1 tsp)
Smoked Paprika	1 pkg (½ tsp)	1 pkg (½ tsp)
Butter*	1 tbsp	2 tbsp
Olive or Canola Oil*		

*Not Included

Allergens

1) Milk/Lait

Tools

Medium Pot, Baking Sheet, Large Pan, Measuring Cups, Measuring Spoons

Nutrition per person Calories: 489 cal | Fat: 17 g | Protein: 42 g | Carbs: 43 g | Fibre: 8 g | Sodium: 596 mg

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

Ruler

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1 Preheat the oven to 400°F (to roast the pork tenderloin.) Start prepping when the oven comes up to temperature!



2 Boil the sweet potatoes: Wash and dry all produce. Combine the **sweet potatoes** with a pinch of **salt** and enough **water** to cover in a medium pot. Bring to a boil over high heat, until a fork pierces the sweet potato easily, 12-15 min.



3 Roast the broccoli: Meanwhile, toss the **broccoli** on a baking sheet with a drizzle of **oil** and a pinch of **salt**. Roast in the centre of the oven, stirring halfway through, until brown and crisp, 18-20 min.

4 Cook the pork: Season the **pork** with **salt** and **pepper**. Heat a large pan over medium-high. Add a drizzle of **oil**, then the pork. Sear the pork until golden all over, 2-3 min on each side. Transfer the pork to the same sheet as the **broccoli**. Roast until cooked through, 7-10 min. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.)

5 Mash the sweet potatoes: Meanwhile, drain and return the **sweet potatoes** to the pot. Using a fork or potato masher, mash the potatoes with the **butter** and **smoked paprika**. Season with **salt** and **pepper**.

6 Make the pan sauce: Reduce the heat to medium. In the same pan, add **⅓ cup of water** (double for 4 people), **broth concentrate(s)** and **¼ tsp peppercorns** (double for 4 people). (Taste and add more peppercorns, **¼ tsp** at a time, if you like it spicier!) Stir, scraping up any browned bits from the bottom of the pan. Remove the pan from the heat and stir in the **sour cream**.

7 Finish and serve: Slice the **pork** and serve with **mashed sweet potatoes**, **roasted broccoli** and drizzle over the **pan sauce**. Enjoy!

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