



SEARED PORK MEDALLIONS

with Brussels Sprouts, Roasted Potatoes and Tarragon-Cream Sauce

PRONTO



HELLO TARRAGON

A fragrant, leafy, anise-flavoured herb that's a favourite in French cooking



Pork Tenderloin, rounds



Yukon Potato



Tarragon



Brussels Sprouts, shredded



Chicken Broth Concentrate



Sour Cream

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 418

BUST OUT

- Baking Sheet
- Large Non-Stick Pan
- Measuring Cups
- Measuring Spoons
- Whisk
- Medium Bowl
- Butter **2** (2 tbsp | 4 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Pork Tenderloin, rounds 285 g | 570 g
- Yukon Potato 340 g | 680 g
- Tarragon 10 g | 20 g
- Brussels Sprouts, shredded 113 g | 227 g
- Chicken Broth Concentrate 1 | 2
- Sour Cream **2** 3 tbsp | 6 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, 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 potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce.* Cut the **potatoes** into ½-inch cubes. Strip the **tarragon leaves** from the stems and roughly chop. On a baking sheet, toss the potatoes with a drizzle of **oil**. Season with **salt and pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown and tender, 25-28 min.



4 MAKE SAUCE

Reduce the heat to medium. Add **1 tbsp butter** (double for 4 ppl), **broth concentrate(s)**, **half the tarragon** and **½ cup water** (double for 4 ppl). Stir together, scraping up any browned bits on the bottom of the pan, 1-2 min. (This is where the flavour is!) Remove the pan from the heat and whisk in the **sour cream**.



2 COOK SPROUTS

Meanwhile, heat a large non-stick pan over medium heat. Add a drizzle of **oil**, then the **Brussels sprouts**. Cook, stirring occasionally, until softened, 4-5 min. Transfer to a medium bowl and cover to keep warm.



5 FINISH AND SERVE

Add the **potatoes, remaining tarragon** and **1 tbsp butter** (double for 4 ppl) to the bowl with the **Brussels sprouts**. Toss together until the butter melts. Season with **salt and pepper**. Divide the **Brussels sprouts mixture** between plates and top with the **pork**. Drizzle the pork with the **tarragon sauce**.



3 COOK PORK

Pat the **pork** dry with paper towels. Season with **salt and pepper**. Heat the same pan over medium-high heat. Add another drizzle of **oil**, then the pork. Sear until golden-brown and cooked through, 3-4 min per side. (**TIP:** Cook each piece, to a minimum internal temp. of 160°F, as size may vary.***) When the pork is done, transfer to a plate and cover to keep warm.

TRIUMPH!

Classic pork and potatoes guarantees dinnertime success.