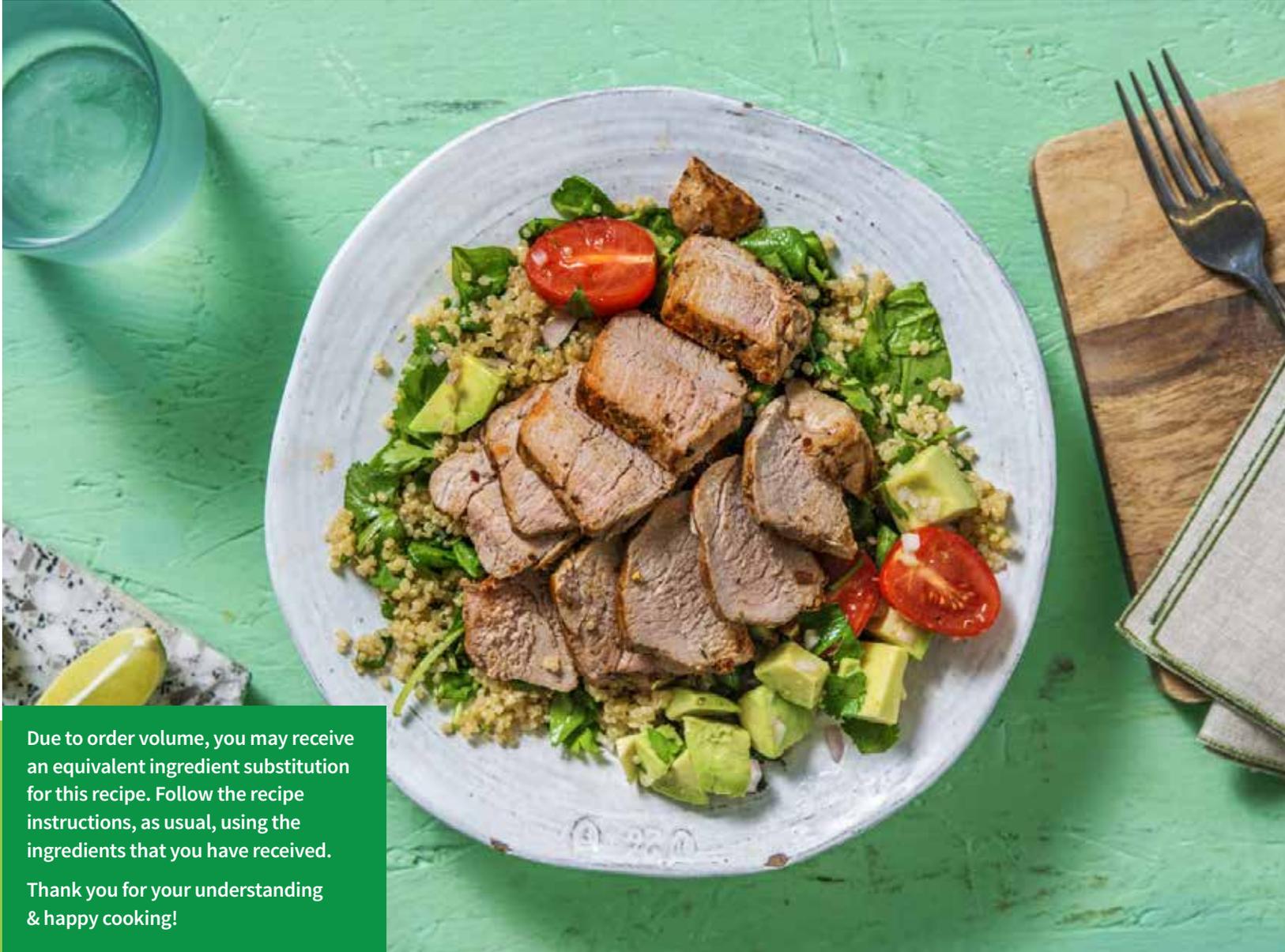




Spiced Pork Tenderloin with Herby Quinoa and Avocado Salsa

Carb Smart

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.
Thank you for your understanding & happy cooking!



Pork Tenderloin



Parsley and Cilantro



Vegetable Broth Concentrate



Shallot



Lime



Paprika-Cumin-Garlic Blend



Grape Tomatoes



Baby Spinach



Avocado



Quinoa

HELLO QUINOA

Often mistaken for a grain, this seed is packed with protein, fiber and minerals!

Start here

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

Bust Out

Baking sheet, medium bowl, measuring spoons, zester, medium pot, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Parsley and Cilantro	14 g	28 g
Vegetable Broth Concentrate	1	2
Shallot	50 g	100 g
Lime	1	2
Paprika-Cumin-Garlic Blend	1 tbsp	2 tbsp
Grape Tomatoes	113 g	227 g
Baby Spinach	56 g	113 g
Avocado	1	2
Quinoa	½ cup	1 cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a min. internal temp. of 71°C/160°F.**

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.

Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount

Contact

Share your photos #HelloFreshLife

Call or email us | (855) 272-7002

hello@hellofresh.ca

HelloFresh.ca



Cook quinoa

Peel, then finely chop **shallot**. Heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **half the shallots** and **quinoa**. Cook, stirring often, until **shallots** soften, 2-3 min. Add **1 ¼ cups water** (dbl for 4ppl) and **broth concentrate(s)**. Bring to a boil over high heat. Reduce heat to low. Cover and cook, until **quinoa** is tender and **liquid** is absorbed, 15-18 min. When **quinoa** is tender, stir in **spinach**, replace cover and let stand while you prepare **salsa** and **pork**.



Make salsa

While **pork** cooks, stir together **tomatoes**, **avocado**, **remaining shallots**, **lime juice**, **half the cilantro** and **½ tbsp oil** (dbl for 4ppl) in a medium bowl. Season with **salt** and **pepper**. Set aside.



Cook pork

While **quinoa** cooks, pat **pork** dry with paper towels, then cut crosswise into **two equal pieces**. Season with **salt** and **pepper**, then sprinkle with **Paprika-Cumin-Garlic Blend**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **pork**. Cook turning occasionally, until golden-brown, 3-4 min. Transfer pork to a baking sheet. Roast **pork** in the **middle** of the oven, until cooked through, 14-16 min.**



Finish & serve

Fluffy **quinoa** with a fork. Stir in **lime zest**, **remaining cilantro** and **parsley**. Season with **salt**. Thinly slice **pork**. Divide **quinoa** between bowls. Top with **pork** and **salsa**. Squeeze over a **lime wedge**, if desired.

Dinner Solved!



Prep

While **quinoa** and **pork** cook, halve **tomatoes**. Zest, then juice **half the lime** (1 lime for 4ppl). Cut **remaining lime** into wedges. Peel, pit, then cut **avocado** into ½-inch pieces. Roughly chop **cilantro** and **parsley**.