



Cooking Made Easy

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## Braised Pork au Jus

with Crispy Parsnip Fries & Broccolini



This sandwich is all about the jus. A generous dunk in rich, rosemary-infused broth transforms this 'wich from great to legendary. Juicy pork tenderloin ups the ante even further! Oh, and parsnip fries are totally cooler than French fries. Trust us.



35 min



level 1



nut free



lactose free



Pork Tenderloin



Baguette



Broccolini



Red Onion



Rosemary



Stock Concentrate



Dried Oregano



Parsnip



Garlic

Ingredients	2 People	4 People
Pork Tenderloin	1	2
Baguette	1) 2)	4
Red Onion	1	2
Garlic	2 cloves	4 cloves
Stock Concentrate	2	4
Rosemary	1 sprig	2 sprigs
Parsnip	1	2
Broccolini	1 bunch	2 bunches
Dried Oregano	1 t	2 t
Olive Oil*	2 T	4 T

\*Not Included

**Allergens**  
 1) Wheat  
 2) Soy

**Tools**  
 Baking Sheet, Peeler,  
 Medium Pan, Small Bowl

Ruler  
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**Nutrition per person** Calories: 717 cal | Carbs: 84 g | Fat: 19 g | Protein: 49 g | Fiber: 12 g



**1** Preheat oven to 400. Halve, peel, and thinly slice the **red onion**. Thinly slice the **garlic**. Peel the **parsnip**, then cut into ¼-inch matchsticks (like French fries!). Trim and discard the bottom inch of the **broccolini**. Strip the **rosemary** off the sprig, then finely chop.



**2** On a baking sheet, toss the **parsnip** with 1 tablespoon **olive oil**, **half the rosemary**, and a pinch of **salt** and **pepper**. Roast for 15-20 minutes, until golden brown and crispy.



**3** Meanwhile, heat 1 tablespoon **olive oil** in a medium pan over medium-high heat. Season the **pork tenderloin** on all sides with **salt** and **pepper**. Sear the pork for 5-6 minutes, turning occasionally, until browned on all sides but not cooked through. Remove the pork from pan and set aside.



**4** Add the **onion** and the **garlic** to the pan and reduce heat to medium. Cook, tossing, 4-5 minutes, until softened.

**5** Make the **braising liquid**: add the **stock concentrates**, **dried oregano**, **remaining rosemary**, and 2 cups **water** to the pan. Add the **pork tenderloin** and **broccolini** to the liquid, and simmer, covered, for 10-12 minutes. Flip the pork halfway through to ensure even cooking. **HINT**: Be sure not to let the liquid boil, doing so will make the pork dry instead of succulent and juicy!

**6** Meanwhile, halve the **baguettes** and place on the baking sheet in the oven to toast for 5 minutes. When the **pork** is cooked through, remove from the pan along with the **broccolini**. Let the pork rest for 5 minutes.

**7** While the pork rests, make the jus: bring the **braising liquid** in the pan to a boil and cook 2-3 minutes, until slightly thickened. Remove the **onions** from the pan and set aside. Then, set aside **remaining jus** in a small bowl.

**8** Slice the **pork** against the grain and chop the **broccolini** into 1-inch pieces. Build the sandwiches by layering the **braised pork**, **reserved onions**, and **broccolini** on each baguette. Serve with the **parsnip fries** and **jus** for dipping. Enjoy!