



More than Food

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Brown Sugar Glazed Pork Tenderloin with Sweet Potato Wedges and Brussels Sprout-Apple Hash

A mixture of brown sugar and blackening seasoning creates a beautiful glaze on juicy pork tenderloin. Apples, cranberries, and Brussels sprouts are the perfect combination in this sweet and savory hash. You'll be shocked by how easily this impressive dinner comes together!



30 min



level 1



gluten free



dairy free



nut free



Pork Tenderloin



Sweet Potato



Brussels Sprouts



Lemon



Dried Cranberries



Granny Smith Apple



Brown Sugar



Blackening Seasoning

Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Sweet Potato	12 oz	24 oz
Brussels Sprouts	8 oz	16 oz
Lemon	1	1
Dried Cranberries	1 oz	2 oz
Granny Smith Apple	1	2
Brown Sugar	2 T	4 T
Blackening Seasoning	1 T	2 T
Olive Oil*	2 t	4 t

*Not Included

Allergens

None

Tools

Large Pan, Baking Sheet, Small Bowl, Peeler, Zester

Ruler

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Nutrition per person Calories: 566 cal | Fat: 9 g | Sat. Fat: 2 g | Protein: 44 g | Carbs: 83 g | Sugar: 37 g | Sodium: 218 mg | Fiber: 16 g

Make sure to wash and dry produce before prepping or cooking!

1



1 Prep and roast the sweet potato: Preheat the oven to 400 degrees. Halve the **sweet potato**, then cut into wedges (like steak fries!). Trim and halve the **Brussels sprouts** lengthwise, then thinly slice into shreds. Toss the **sweet potato wedges** on a foil-lined baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, flipping halfway through cooking, until golden brown.

2



2 Season the pork: In a small bowl, combine the **brown sugar** and the **blackening seasoning**. Season the **pork tenderloin** on all sides with **salt** and **pepper**. Coat the **pork tenderloin** on all sides with a thick layer of the **brown sugar mixture**. You may have some left over.

3



3 Roast the pork: Place the **pork tenderloin** on the baking sheet with the **sweet potatoes** and return to the oven for 15-20 minutes, flipping halfway through cooking, until cooked to desired doneness.

4



4 Make the Brussels sprout-apple hash: Peel, core, and dice the **apple**. Zest and halve the **lemon**. Heat a drizzle of **oil** in a large pan over medium heat. Add the **shredded Brussels sprouts** and the **apple** and cook, tossing, for 5-6 minutes, until the Brussels sprouts are slightly golden brown. Stir in the **cranberries**, a pinch of **lemon zest**, and a squeeze of **lemon juice** (to taste). Season with **salt** and **pepper**.

5 Finish and plate: Let the **pork tenderloin** rest for 5 minutes before thinly slicing. Serve alongside the **sweet potato wedges** and **Brussels sprout-apple hash**. Enjoy!