



# German Pork Filet with Creamy Dijon Sauce

plus Rosemary Potatoes & Brussels Sprouts

40-50 Minutes · Calories: 590 · Protein: 34 g



## Ingredients 2 Person | 4 Person



8 oz | 16 oz  
Brussels  
Sprouts



12 oz | 24 oz  
Potatoes\*



¼ oz | ¼ oz  
Rosemary



¼ oz | ½ oz  
Parsley



4 oz | 8 oz  
Cream Sauce  
Base



2 tsp | 4 tsp  
Dijon Mustard



1 | 2  
Chicken Stock  
Concentrate



10 oz | 20 oz  
Pork Filet

\*The ingredient you received may be a different color.

## Customizable Meal

If you chose to personalize your meal, refer to the separate **HelloCustom** card or scan here for instructions.



## Hello

### Dijon Mustard

This classic condiment gives creamy pan sauce a dose of tangy-savory flavor.

## Before you start

### Your Turn

Don't forget to turn the pork periodically as it sears in the pan. Browning it on all sides ensures that the meat cooks evenly and develops a tasty crust.

## Cooking tools

baking sheets, paper towels, large pan, whisk

## Pantry ingredients

kosher salt, black pepper, cooking oil

## Nutrition

Nutrients	per serving
Calories:	590
Total Fat:	29g
Saturated Fat:	11g
Sodium:	1030mg
Total Carbohydrate:	46g
Dietary Fiber:	7g
Added Sugars:	1g
Protein:	34g

## Allergens

cream sauce base (contains: milk)

## Cook for YOUR Crowd

### Our recipes are customizable!

**Double Protein/Veggies?** Cook in batches or use a larger pan—it may take longer, so follow visual and temp cues.

**Making 3 Servings?** Lighten up on the seasoning and any other ingredients you like—this will keep the balance just right.

**Making 6 Servings?** Just triple the 2-serving recipe—easy!

For HelloCustom nutritional information, please refer to HelloFresh.com.



### 1 Start Prep

- Adjust racks to top and middle positions and preheat oven to 425 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise. Dice **potatoes** into ¼-inch pieces. Finely chop **half the rosemary (all for 4 servings)**.



### 2 Roast Veggies

- Toss **Brussels sprouts** on one side of a baking sheet with a **drizzle of oil, salt, and pepper**.
- Toss **potatoes** on empty side of sheet with a **large drizzle of oil, chopped rosemary, a pinch of salt, and pepper**.
- Roast on top rack until browned and tender, 15-20 minutes.



### 3 Cook Pork

- Meanwhile, pat **pork\*** dry with paper towels and season all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes. Turn off heat; transfer pork to a second baking sheet. Wipe out pan.
- Roast on middle rack until pork is cooked through, 10-12 minutes. Transfer to a cutting board.



### 4 Finish Prep

- Meanwhile, roughly chop **parsley**.



### 5 Make Sauce

- Once veggies and pork are done roasting, combine **cream sauce base, mustard, stock concentrate, 2 TBSP water (4 TBSP for 4 servings)**, and **pepper** in pan used for pork over medium-high heat.
- Bring to a boil, then reduce to a simmer and cook, whisking constantly, until slightly reduced, 30-60 seconds. **TIP: If sauce is too thick, add water 1 tsp at a time until sauce reaches desired consistency.**



### 6 Finish & Serve

- Slice **pork** crosswise.
- Divide pork, **potatoes**, and **Brussels sprouts** between plates in separate sections. Spoon **sauce** over pork and potatoes and sprinkle with **parsley**. Serve.

\*Pork is fully cooked when internal temperature reaches 145°.



Wash and dry fresh produce. Wash hands and surfaces after handling raw pork, meat, poultry, fish, shellfish, or eggs. Consuming raw or undercooked pork, meat, poultry, fish, shellfish, or eggs may increase your risk of foodborne illness. Go to [hellofresh.com/about/faq](https://hellofresh.com/about/faq) for safe cooking guidelines.

## How was your meal?

Scan here to rate your recipe!



Share your **#HelloFreshPics** with us **@HelloFresh**