



# Cranberry Dijon Pork Filet

with Mashed Potatoes & Roasted Brussels Sprouts

Fall Flavors 45-60 Minutes · Calories: 640 · Protein: 35 g



## Ingredients 2 Person | 4 Person



12 oz | 24 oz  
Potatoes\*



3 TBSP | 6 TBSP 1 Thumb(s) | 1 Thumb(s)  
Sour Cream



Ginger



1/4 oz | 1/4 oz  
Rosemary



1 | 2  
Cranberry Jam



1 | 1  
Lemon



8 oz | 16 oz  
Brussels  
Sprouts



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

### Cranberry Dijon Sauce

Sweet-tart cranberry jam and zingy Dijon mustard pair up to give pork some flavorful oomph.

## Before you start

### Turn It Up

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

zester, medium pot, strainer, potato masher, paper towels, large pan, baking sheet, large bowl

## Pantry ingredients

kosher salt, black pepper, cooking oil, butter

## Nutrition

Nutrients	per serving
Calories:	640
Total Fat:	32g
Saturated Fat:	14g
Sodium:	760mg
Total Carbohydrate:	58g
Dietary Fiber:	8g
Added Sugars:	10g
Protein:	35g

## Allergens

sour cream (contains: milk), butter (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 Prep

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim and halve **Brussels sprouts** lengthwise. Zest and quarter **lemon**. Peel and mince or grate **ginger** until you have 1 tsp (**2 tsp for 4**). Pick **rosemary leaves** from stems; mince leaves until you have 1 tsp.



### 4 Roast Pork & Brussels

- Toss **Brussels sprouts** in a large bowl with a **drizzle of oil, salt, and pepper**. Spread out on one side of a baking sheet. Roast 5 minutes.
- Add **pork** to empty side of sheet. (**For 4 servings, toss Brussels sprouts on a second sheet; roast pork on middle rack and Brussels sprouts on top rack.**) Roast on middle rack until pork is cooked through and Brussels sprouts are tender, 10-12 minutes.
- Transfer pork to a cutting board to rest. Carefully toss Brussels sprouts with **lemon zest**.

\*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.



### 2 Make Mashed Potatoes

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve ½ **cup potato cooking liquid**, then drain and return potatoes to pot. Mash with **sour cream** and **1 TBSP butter (2 TBSP for 4 servings)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt and pepper**.
- Keep covered off heat until ready to serve.



### 5 Make Sauce

- Heat a **drizzle of oil** in pan used for pork over medium-high heat. Add **minced ginger** and **minced rosemary**; cook until fragrant, 30 seconds.
- Stir in **jam, stock concentrate, mustard**, and ¼ **cup water (⅓ cup for 4 servings)**. Simmer until slightly thickened, 2-3 minutes.
- Remove from heat; stir in **1 TBSP butter (2 TBSP for 4)** until melted.



### 3 Sear Pork

- While potatoes cook, 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 sear, turning occasionally, until browned all over, 4-8 minutes (**it'll finish cooking in the next step**).
- Turn off heat; transfer pork to a plate. Wipe out pan.



### 6 Finish & Serve

- Slice **pork** crosswise.
- Divide pork, **mashed potatoes**, and **Brussels sprouts** between plates. Drizzle pork with **sauce**. Serve with **lemon wedges** on the side.

## How was your meal?

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