



Dutch Pork Filet with Orange-Dijon Sauce

with Mashed Potatoes, Roasted Brussels & Almonds

40-50 Minutes · Calories: 680 · Protein: 35 g



Ingredients 2 Person | 4 Person



1 | 1
Orange



8 oz | 16 oz
Brussels
Sprouts



½ oz | 1 oz
Sliced
Almonds



2 tsp | 4 tsp
Dijon Mustard



1 | 2
Chicken Stock
Concentrate



¼ oz | ½ oz
Parsley



10 oz | 20 oz
Pork Filet



1 TBSP | 2 TBSP
Brown Sugar



12 oz | 24 oz
Potatoes*



1 tsp | 1 tsp
Dried Thyme

*The ingredient you received may be a different color.

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Hello

Orange-Dijon Sauce

Orange adds a touch of sweetness and bright acidity that perfectly complement the pork filet.

Cooking tools

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

Pantry ingredients

kosher salt, black pepper, cooking oil, butter

Nutrition

Nutrients	per serving
Calories:	680
Total Fat:	36g
Saturated Fat:	15g
Sodium:	750mg
Total Carbohydrate:	55g
Dietary Fiber:	9g
Added Sugars:	5g
Protein:	35g

Allergens

almonds (contains: tree nuts), butter (contains: milk)



1 Start Prep

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim and halve **Brussels sprouts** lengthwise.



2 Roast Brussels Sprouts

- Toss **Brussels sprouts** on one side of a baking sheet with a **large drizzle of oil, salt, and pepper.** (**For 4 servings, spread Brussels sprouts out across entire sheet.**)
- Roast on top rack for 12 minutes (**you'll add more to the sheet then**).



3 Cook Potatoes

- Meanwhile, 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. Return potatoes to pot; keep covered off heat until ready to mash in Step 6.



4 Roast Pork & Brussels

- Pat **pork*** dry with paper towels and season 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, 4-8 minutes. Remove from heat.
- Once **Brussels sprouts** have roasted 12 minutes, remove sheet from oven. Transfer pork to opposite side. (**For 4 servings, arrange pork on a second sheet; roast on middle rack.**) Wipe out pan.
- Return sheet to top rack; roast until pork is cooked through, 10-12 minutes more. Transfer pork to a cutting board.



5 Finish Prep & Make Sauce

- Meanwhile, halve **orange.** Pick **parsley leaves** from stems; roughly chop leaves.
- In a small bowl, whisk together **brown sugar, mustard, stock concentrate, half the thyme, 2 TBSP water, and juice from half the orange (all the thyme, 4 TBSP water, and juice from whole orange for 4 servings).**
- Heat pan used for pork over medium heat. Add **orange mixture** to hot pan and bring to a simmer. Cook, stirring constantly, until slightly reduced, 2-4 minutes.
- Remove from heat and stir in **1 TBSP butter (2 TBSP for 4)** until melted. Taste and season with **salt and pepper** if desired.



6 Mash Potatoes

- Return pot with **potatoes** to medium-low heat. Add **2 TBSP butter (4 TBSP for 4 servings).** Mash until smooth and creamy, adding **splashes of reserved potato cooking liquid** as needed. Taste and season with **salt and pepper.**
- Keep covered off heat until ready to serve.



7 Finish & Serve

- Slice **pork** crosswise.
- Divide pork, **Brussels sprouts,** and **mashed potatoes** between plates. Spoon **pan sauce** over pork and mashed potatoes. Garnish everything with **almonds and 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 for safe cooking guidelines.

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