



SWEET APPLE PORK TENDERLOIN

with Cauliflower Mash and Snap Peas



HELLO CAULIFLOWER MASH

A tasty way to sneak extra veggies into potatoes



Yukon Gold Potatoes



Pork Tenderloin



Sugar Snap Peas



Chicken Stock Concentrate



Cauliflower Florets



Dried Thyme



Gala Apple

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 600

START STRONG

Make sure to remove the core before chopping the apple—you can use a spoon or melon baller to scoop out the fruit's seedy center.

BUST OUT

- Large pot
- Potato masher
- Strainer
- Large pan
- Baking sheet
- Oil (1 TBSP | 2 TBSP)
- Butter (2 TBSP | 4 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Cauliflower Florets 5 oz | 10 oz
- Pork Tenderloin 12 oz | 24 oz
- Dried Thyme ½ tsp | 1 tsp
- Sugar Snap Peas 6 oz | 12 oz
- Gala Apple 1 | 2
- Chicken Stock Concentrate 1 | 2

HELLO WINE



PAIR WITH
La Colline Sacrée
Pays d'Oc Viognier, 2016

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1 BOIL POTATOES AND CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Cut **potatoes** into 1-inch cubes. Place potatoes and half the **cauliflower** in a large pot with a pinch of **salt** and enough **water** to cover by 1 inch (we sent more cauliflower than needed). Bring to a boil and cook until very tender, 12-15 minutes. Drain and return to pot.



4 MAKE PAN SAUCE

Halve and remove core from **apple**, then chop into ½-inch cubes. Melt **1 TBSP butter** with a drizzle of **oil** in pan used for pork over medium heat. Add apple and cook, tossing occasionally, until golden, 5-7 minutes. Season with **salt** and **pepper**. Stir in **stock concentrate** and ½ cup **water**. Increase heat to medium high and cook until apple is tender, 3-4 minutes.



2 SEAR PORK

Meanwhile, heat a drizzle of **oil** in a large pan over high heat. Season **pork** all over with **salt**, **pepper**, and ½ **tsp thyme** (we sent more). Add to pan and cook, turning occasionally, until browned all over, 4-8 minutes.



5 MAKE CAULIFLOWER MASH

Add **1 TBSP butter** to pot with **potatoes** and **cauliflower**. (**TIP:** If potatoes and cauliflower have cooled, reheat briefly over low heat.) Toss to melt butter. Mash with a potato masher or fork until mostly smooth. Season with **salt** and **pepper**.



3 ROAST PORK AND SNAP PEAS

Trim any tough ends or strings from **snap peas**. Once **pork** has browned, transfer to a baking sheet, placing toward one side. Add snap peas to other side and toss with a drizzle of **oil** and pinch of **salt** and **pepper**. Roast in oven until pork is cooked to desired doneness and snap peas are tender, 10-12 minutes.



6 FINISH AND SERVE

Slice **pork** crosswise into medallions. Divide **cauliflower mash** and **snap peas** between plates, then top with pork. Spoon **pan sauce** over pork, making sure to include **apple pieces**.

BLOCKBUSTER!

The cauliflower mash is sure to be a veggie smash.

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