



# 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 Concentrates



Cauliflower Florets



Dried Thyme



Gala Apples

PREP: 10 MIN | TOTAL: 40 MIN | CALORIES: 600



## START STRONG

Sneaking cauliflower into potatoes is an easy way to get kids to enjoy the calcium-rich veg. They can even help with the mashing, making sure that the mixture is perfectly creamy.

## BUST OUT

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

## INGREDIENTS

Ingredient 4-person

- Yukon Gold Potatoes 24 oz
- Cauliflower Florets 10 oz
- Pork Tenderloin 24 oz
- Dried Thyme 1 tsp
- Sugar Snap Peas 12 oz
- Gala Apples 2
- Chicken Stock Concentrates 2

## HELLO WINE



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

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 BOIL POTATOES AND CAULIFLOWER

**Wash and dry all produce.** Preheat oven to 400 degrees. Cut **potatoes** into 1-inch cubes. Place potatoes and **cauliflower** in a large pot with a pinch of **salt** and enough **water** to cover by 1 inch. 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 **apples**, then chop into ½-inch cubes. Melt **2 TBSP butter** with a large drizzle of **oil** in pan used for pork over medium heat. Add apples and cook, tossing occasionally, until golden, 5-7 minutes. Season with **salt** and **pepper**. Stir in **stock concentrates** and ½ cup **water**. Increase heat to medium high and cook until apples are tender, 3-4 minutes.



## 2 SEAR PORK

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



## 5 MAKE CAULIFLOWER MASH

Add **2 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 large drizzle of **oil** and pinch of **salt** and **pepper**. Roast in oven until pork reaches 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**.

## FRESH TALK

Can anyone guess what *malusdomesticaphobia* is? (HINT: It's a fear of an item in this recipe.)

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