



More than Food

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Pork Medallions

with Tarragon Cream Sauce, Crispy Brussels Sprouts, and Yukon Potatoes

This elegant dish is simple enough for any weeknight meal. Slicing pork tenderloin into medallions allows for maximum surface caramelization. Served with crispy shredded Brussels sprouts, creamy Yukon potatoes, and a rich tarragon cream sauce, this easy, delicious dinner will impress everyone at the table.



Pork Tenderloin



Brussels Sprouts



Yukon Potatoes



Tarragon



Sour Cream



Chicken Stock Concentrate

Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Brussels Sprouts	8 oz	16 oz
Yukon Potatoes	12 oz	24 oz
Tarragon	¼ oz	½ oz
Sour Cream	1) 3 oz	6 oz
Chicken Stock Concentrate	1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

Large Pot,
Strainer, Large Pan

Ruler

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Nutrition per person Calories: 542 cal | Carbs: 46 g | Fat: 19 g | Protein: 46 g | Fiber: 8 g | Sodium: 386 mg

Make sure to wash and dry produce before prepping or cooking!

2



1 Boil the potatoes: Dice the **potatoes** into ½-inch cubes and place in a large pot with a large pinch of **salt** and enough water to cover. Bring to a boil and cook for about 15 minutes, or until easily pierced with a knife. Drain and set aside.

2 Prep the ingredients: Finely chop the **tarragon** leaves. Trim, halve, and thinly slice the **Brussels sprouts** into shreds. Slice the **pork tenderloin** into 1-inch thick medallions.

3



3 Cook the Brussels sprouts: Heat ½ **Tablespoon oil** in a large pan over medium-high heat. Add the **Brussels sprouts** and cook for 4 minutes, tossing constantly, until soft and slightly crispy. Set aside and cover to keep warm.

4



4 Cook the pork: In the same pan, heat another ½ **Tablespoon oil** over medium heat. Season the **pork** with **salt** and **pepper**. Sear the **pork** medallions for 2-3 minutes per side, until browned and cooked to desired doneness. Set aside.

5



5 Make the tarragon cream sauce: Add the **stock concentrate**, **tarragon**, and ½ **cup water** to the pan. Simmer for 2-3 minutes, until reduced and slightly thickened. Remove the pan from the heat and stir in the **sour cream**. Season with **salt** and **pepper**.

6 Plate the dish: Serve the **potatoes** and **Brussels sprouts** with the **pork medallions** on top. Drizzle with the **tarragon cream sauce** and enjoy!