



MUSTARD AND HERB-CRUSTED PORK

with Roasted Potatoes and Broccoli

PRONTO



HELLO BROCCOLI

This vibrant green vegetable is a part of the Brassica family!

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 581



Pork Tenderloin



Parsley



Oregano



Baby Red Potatoes



Dijon Mustard



Panko Breadcrumbs



Broccoli, florets



Honey



Chicken Broth Concentrate



Cornstarch

BUST OUT

- 2 Baking Sheets
- Large Non-Stick Pan
- Silicone Brush
- Measuring Cups
- Whisk
- Parchment Paper
- Measuring Spoons
- Shallow Dish
- Paper Towel
- 2 Small Bowls
- Butter
- 2 (1 tbsp | 2 tbsp)
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Pork Tenderloin 340 g | 680 g
- Parsley 10 g | 20 g
- Oregano 10 g | 10 g
- Baby Red Potatoes 340 g | 680 g
- Dijon Mustard 6,9 2 tbsp | 4 tbsp
- Panko Breadcrumbs 1 ¼ cup | ½ cup
- Broccoli, florets 227 g | 454 g
- Honey ¾ tbsp | 1½ tbsp
- Chicken Broth Concentrate 1 | 2
- Cornstarch 9 ½ tsp | 1 tsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

* Laver et sécher tous les aliments.

** Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes and finish the pork). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce.* Cut the **potatoes** into ½-inch wedges. On a parchment-lined baking sheet, toss the **potatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt and pepper**. Roast in the middle of the oven, until the **potatoes** are golden-brown, 25-28 min.



4 COOK BROCCOLI

Continue roasting the **pork** and **potatoes** in centre of the oven, until **pork** is cooked through, 14-18 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**) Meanwhile, carefully wipe the same pan clean. Heat pan over medium-high heat. When pan is hot, add **½ tbsp oil** (dbl for 4 ppl), then the **broccoli**. Cook, stirring, until tender, 4-5 min. Remove pan from heat and transfer **broccoli** to a plate. Cover and set aside.



2 PREP

Meanwhile, finely chop **parsley**. Finely chop **1 tbsp oregano leaves** (dbl for 4 ppl). Cut any large **broccoli florets** into bite-size pieces. In a shallow dish, combine **panko** and **2 tsp oregano** (dbl for 4 ppl). Set aside. In a small bowl, stir together **¾ tbsp honey** (dbl for 4 ppl) and **1 tbsp mustard** (dbl for 4 ppl). Set aside. Pat the **pork** dry with paper towels. Season with **salt and pepper**.



5 MAKE SAUCE

Wipe the same pan clean. In a small bowl, whisk together **½ cup water** (dbl for 4 ppl) and **½ tsp cornstarch** (dbl for 4 ppl). Set aside. Heat the same pan over medium heat. When pan is hot, add **1 tbsp butter** (dbl for 4 ppl). Swirl pan until the **butter** melts, 1-2 min. Add **broth concentrate(s)**, **cornstarch mixture**, **remaining oregano** and **remaining mustard**. Cook, whisking together, until **sauce** reduces slightly, 2-3 min. Add **half the parsley** and stir together.



3 SEAR PORK

Brush the **honey mixture** all over the **pork**, then press gently into the **panko mixture** so it sticks all over. Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil** (dbl for 4 ppl), then the **pork**. Sear until golden-brown all over, 2-3 min per side. Transfer **pork** to the same baking sheet in the oven with **potatoes**. (**NOTE:** For 4 ppl, use another baking sheet for the pork.)



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **pork**, **potatoes** and **broccoli** between plates. Sprinkle the **remaining parsley** over the **potatoes**. Serve the **pan sauce** on the side.

CRUNCHY!

We can't get enough of this crispy, herby coating!