



NOV
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Phantom Pork Tenderloin with Apple Eyeballs, Kale, and Beheaded Sweet Potatoes

We thought the combination of pork and apples was impossible to beat ... until our chefs added sweet potatoes. This autumnal dynamic duo just became a triple threat, and we can't wait for you to try it.



Prep: 10 min
Total: 30 min



level 1



gluten
free



dairy
free



Sweet
Potatoes



Green
Kale



Garlic



Granny Smith
Apple



Red
Onion



Pork
Tenderloin



White Wine
Vinegar



Dijon
Mustard



Honey



Walnuts

Ingredients

	2 People	4 People
Sweet Potatoes	12 oz	24 oz
Green Kale	4 oz	8 oz
Garlic	2 Cloves	4 Cloves
Granny Smith Apple	1	2
Red Onion	1	1
Pork Tenderloin	12 oz	24 oz
White Wine Vinegar	2 TBSP	4 TBSP
Dijon Mustard	1 TBSP	2 TBSP
Honey	1 tsp	2 tsp
Walnuts	1)	2 oz
Olive Oil*	1 TBSP	2 TBSP

*Not Included

Allergens

1) Tree Nuts

Tools

Baking sheet, Large pan

Nutrition per person Calories: 598 cal | Fat: 19 g | Sat. Fat: 2.5 g | Protein: 48 g | Carbs: 60 g | Sugar: 20 g | Sodium: 380 mg | Fiber: 11 g

1



1 Preheat oven and roast the sweet potatoes: Wash and dry all produce. Preheat oven to 425 degrees. Cut **sweet potatoes** into ½-inch rounds. Toss on one half of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast 12 minutes, flip, then return to oven until golden brown and soft, another 12 minutes.

3



2 Prep the remaining ingredients: Remove and discard **kale ribs** and **stems**, then coarsely chop **leaves**. Mince **garlic**. Core **apple**, then cut into ½-inch slices. Halve, peel, and finely chop ½ **cup onion**.

3 Cook the pork: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season pork on all sides with **salt** and **pepper**. Add to pan, and cook until browned all around, 2-3 minutes per side. Transfer to other half of baking sheet (with sweet potatoes), and continue baking until cooked to desired doneness, about 10 minutes.

4



4 Cook the kale: Heat a drizzle of **olive oil** in same pan over medium-high heat. Add **onions** and toss until softened, 4-5 minutes. Add **garlic** and toss until fragrant, about 30 seconds. Add **kale** and toss until wilted and tender, 3-4 minutes. Season with **salt** and **pepper**. Remove from pan, and cover to keep warm.

5 Make the apple pan sauce: Add **apples** to same pan over medium heat along with **white wine vinegar**, **1 TBSP Dijon**, and **1 tsp honey**. Toss until apples are soft and sauce has thickened, 4-5 minutes. Season with **salt** and **pepper**. **TIP:** If sauce gets too thick before apples are tender, add a splash of water.

5



6 Plate: Thinly **slice pork**, and serve on a bed of **sweet potatoes** and **kale**. Top with **apple pan sauce**, sprinkle with **walnuts**, and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

