



Smart Rosemary Pork Tenderloin

with Apricot-Mustard Vinaigrette, Apples and Sweet Potatoes

Carb Smart

Calorie Smart

35 Minutes



Pork Tenderloin



Rosemary



Garlic Salt



Arugula and Spinach Mix



Gala Apple



Sweet Potato



Seed Blend



Apricot Spread



White Wine Vinegar



Whole Grain Mustard

HELLO WHOLE GRAIN MUSTARD

Canada is among the world's top producers of mustard seeds!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Rosemary	1 sprig	2 sprigs
Garlic Salt	1 tsp	2 tsp
Arugula and Spinach Mix	113 g	226 g
Gala Apple	1	2
Sweet Potato	170 g	340 g
Seed Blend	28 g	56 g
Apricot Spread	2 tbsp	4 tbsp
White Wine Vinegar	2 tbsp	4 tbsp
Whole Grain Mustard	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Contact

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Prep

- Cut **sweet potato** into ½-inch pieces.
- Strip **rosemary** leaves from stems, then finely chop.
- Heat a large non-stick pan over medium heat.
- While the pan heats, pat **pork** dry with paper towels. Halve **pork** crosswise. Season with **pepper** and **¾ tsp garlic salt** (dbl for 4 ppl).



Make vinaigrette

- Meanwhile, add **vinegar**, **apricot spread**, **remaining mustard** and **1 ½ tbsp oil** (dbl for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, to taste, then whisk to combine.



Cook pork

- When the pan is hot, add **2 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 5-7 min.
- Transfer **pork** to a parchment-lined baking sheet. Spread **half the mustard** over all sides, then sprinkle **rosemary** all over.
- Roast **pork** in the **top** of the oven until cooked through, 15-17 min.**
- Transfer **pork** to a cutting board to rest for 3-5 min.



Make salad

- When **pork** is almost done, core, then cut **apple** into ½-inch pieces.
- Add **apples**, **arugula and spinach mix** and **sweet potatoes** to a large bowl.
- Drizzle **half the vinaigrette** over top, then toss to coat.



Roast sweet potatoes

- While **pork** sears, add **sweet potatoes** and **1 tsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **pepper** and **remaining garlic salt**, then toss to coat.
- Roast in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 16-19 min.



Finish and serve

- Thinly slice **pork**.
- Divide **salad** between plates. Top with **pork**.
- Drizzle **remaining vinaigrette** over top, then sprinkle with **seed blend**.

Dinner Solved!