



OCT  
2016

## Roasted Pork Tenderloin

with Potato Cauliflower Mash and Caramelized-Apple Pan Sauce

Pork makes us think of apples, which make us think of fall and all things cozy, which is why we're practically drooling over this comforting sweet-and-savory meal. As a bonus, our chefs snuck some cauliflower into the mashed potatoes for a boost of nutrition and extra silky texture.



**Prep:** 10 min  
**Total:** 35 min



level 1



gluten  
free



nut  
free



Yukon  
Potatoes



Cauliflower  
Florets



Pork  
Tenderloin



Granny Smith  
Apple



Sugar Snap  
Peas



Dried  
Thyme



Chicken Stock  
Concentrate

## Ingredients

	2 People	4 People
Yukon Potatoes	12 oz	24 oz
Cauliflower Florets	12 oz	24 oz
Pork Tenderloin	12 oz	24 oz
Granny Smith Apple	1	2
Sugar Snap Peas	6 oz	12 oz
Dried Thyme	1 t	1 t
Chicken Stock Concentrate	1	2
Butter*	1)	2 T
Oil*	1 T	2 T

\*Not Included

## Allergens

1) Milk

## Tools

Large pot, Strainer,  
Large pan, Baking sheet,  
Masher

**Nutrition per person** Calories: 601 cal | Fat: 22g | Sat. Fat: 10g | Protein: 49g | Carbs: 56g | Sugar: 17g | Sodium: 338mg | Fiber: 12g

1



### 1 Boil the potatoes and cauliflower: Wash and dry all produce.

Preheat oven to 400 degrees. Chop **potatoes** into 1-inch cubes. Place in a large pot of **salted water** along with **cauliflower florets**. Bring to a boil. Cook until fork-tender, 12-15 minutes. Drain and return to pot.

2



**2 Sear the pork:** Meanwhile, heat a drizzle of **oil** in a large pan over high heat. Season **pork** on all sides with **salt, pepper, and thyme**. Add to pan, and sear until golden brown all around, 1-2 minutes per side.

**3 Roast the pork and snap peas:** Trim **snap peas**. When **pork** has browned, transfer to one half of a baking sheet. Add snap peas to other half, and toss with a drizzle of **oil** and pinch of **salt** and **pepper**. Roast until pork is cooked to desired doneness (we like ours slightly pink) and snap peas are bright and tender, 10-12 minutes.

5



**4 Make the apple pan sauce:** While **pork** cooks, core and thinly slice **apple**. Heat **1 Tablespoon butter** and a drizzle of **oil** in same pan over medium heat. Add **apple slices**. Toss until softened and slightly golden, 3-5 minutes. Season to taste with **salt** and **pepper**. Add **stock concentrate** and  $\frac{1}{2}$  **cup water**. Simmer on low until thickened, 3-5 minutes.

**5 Make the cauliflower mash:** Add **1 Tablespoon butter** to **cauliflower** and **potatoes**. Mash with a fork or potato masher until smooth. Season generously with **salt** and **pepper**. Reheat over low if necessary.

6



**6 Finish and plate:** Thinly slice the **roasted pork tenderloin**. Serve on a bed of **potato cauliflower mash** with **snap peas** on the side. Drizzle with **apple pan sauce** and enjoy!

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