

MARLEY SPOON



Seared Pork & Sweet Potatoes

with Creamy Mustard Sauce & Arugula



30-40min



2 Servings

Meat and potatoes, a classic dinnertime combination. We took it to the next level by searing pork tenderloin medallions until crusty and golden, then topping them with a creamy Dijon mustard sauce. It's all served alongside vibrant mashed sweet potatoes and a peppery arugula salad. Cook, relax, and enjoy!

What we send

- 17
- 7

What you need

- apple cider vinegar
- kosher salt & ground pepper
- olive oil

Tools

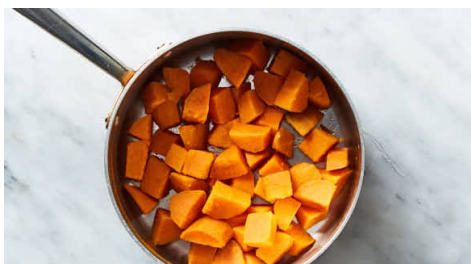
- colander
- medium saucepan
- medium skillet

Allergens

Milk (7), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

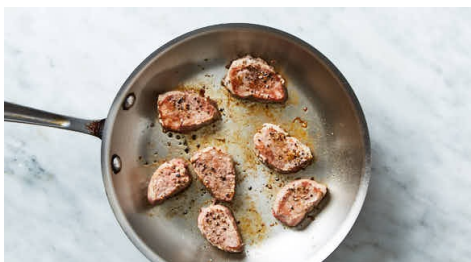
Nutrition per serving

Calories 740kcal, Fat 43g, Carbs 51g, Protein 33g



1. Make sweet potatoes

Peel **sweet potatoes**. Slice lengthwise, then cut into 1-inch pieces. Place in a medium saucepan and cover by 1-inch with **salted water**. Cover and bring to a boil. Simmer sweet potatoes, uncovered, until potatoes are tender, about 13 minutes. Drain, then return to saucepan. Cover to keep warm.



4. Cook pork tenderloin

Pat **pork** dry. Slice, crosswise, into ½-inch thick medallions (about 6). Season all over with ½ **teaspoon salt** and **several grinds of pepper**. Heat 1 **tablespoon oil** in a medium skillet over medium-high. Add pork and cook until well browned and slightly pink in the center, 2-3 minutes per side. Transfer to a plate and cover to keep warm.



2. Prep vinaigrette

Halve **shallot**, then peel and finely chop. In a liquid measuring cup, whisk together ½ **cup water**, **beef broth concentrate**, and **mustard**.



5. Make sauce

Add **remaining shallots** and 1 **teaspoon oil** to skillet and cook until shallots are softened and browned, about 1 minute. Stir **broth mixture**, then add to skillet. Bring to a simmer, then cook until thickened and reduced to about ¼ cup, 3-4 minutes. Remove from heat and stir in **half of the sour cream**. Season to taste with **salt** and **pepper**.



3. Marinate shallots

In a medium bowl, whisk together 2 **tablespoons oil**, 1 **tablespoon vinegar**, and a **pinch each salt and pepper**. Stir 2 **tablespoons shallots** into **vinaigrette** (save rest for step 5) and set aside to marinate.



6. Finish & serve

Return **sweet potatoes** to medium heat. Add **remaining sour cream** and 2 **tablespoons oil**, then mash with a fork or potato masher until creamy. Season to taste with **salt** and **pepper**. Toss **arugula** with **vinaigrette**. Serve **pork**, with **sauce** spooned over top, alongside **salad** and **mashed sweet potatoes**. Enjoy!