

# MARLEY SPOON



## Seared Pork & Sweet Potatoes

with Creamy Mustard Sauce & Arugula



30-40min



2 Servings

Meat and potatoes is a classic dinnertime combination. Here, we take it to new heights: Pork tenderloin medallions are seared until crusty and golden, then topped with a creamy mustard sauce and served with mashed sweet potatoes and a peppery arugula salad. Consider it traditional, with a few big twists.



## What we send

- 2 sweet potatoes
- 1 shallot
- 1 pkt beef broth concentrate
- 1 oz whole-grain mustard
- 10 oz pkg pork tenderloin
- 2 (1 oz) pkts sour cream <sup>1</sup>
- 3 oz baby arugula

## What you need

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

## Tools

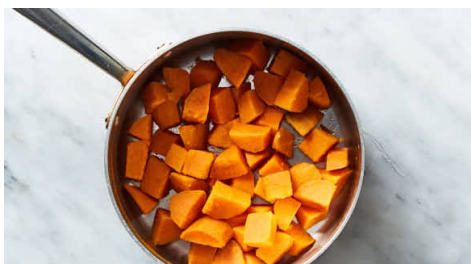
- medium saucepan
- colander
- medium skillet
- potato masher or fork

## Allergens

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 910kcal, Fat 44g, Carbs 91g, Protein 37g



### 1. Cook sweet potatoes

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



### 4. Sear pork tenderloin

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



### 2. Prep vinaigrette

Peel and finely chop **shallot**. In a liquid measuring cup, whisk to combine **beef broth concentrate**, **mustard**, and **½ cup water**.



### 5. Make sauce

Add **reserved 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 **1 sour cream packet**. Season to taste with **salt** and **pepper**.



### 3. Marinate shallots

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



### 6. Finish & serve

Return **sweet potatoes** to medium heat. Add **remaining sour cream packet** and **2 tablespoons oil**, then mash, using potato masher or fork, 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!