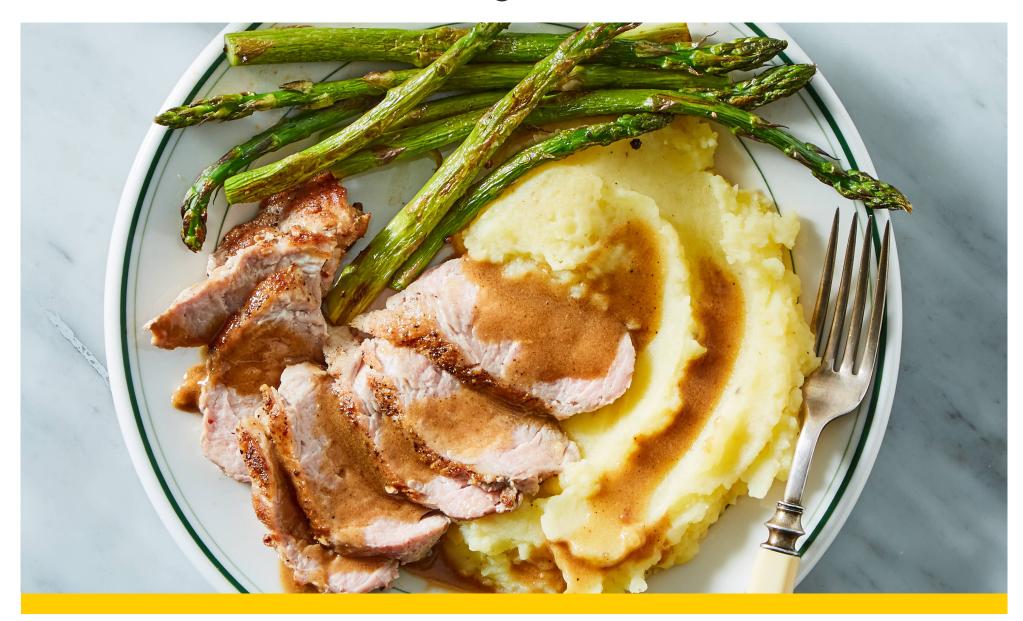
MARLEY SPOON



Dijon Pork Tenderloin

with Garlic Potato Mash & Asparagus





Dijon mustard is a prepared condiment made from finely ground brown mustard seeds mixed with salt, spices, and white wine. Originating from Dijon, the capital of Burgundy, France-a region famous for their stellar wines-it's only fitting that their namesake mustard would include a touch of dry white wine. The result is a pale yellow condiment with a robust flavor and creamy texture.

What we send

• 17

. What you need

- butter ⁷
- kosher salt & ground pepper
- · olive oil

Tools

- colander
- saucepan
- skillet
- microplane or grater
- potato masher or fork
- rimmed baking sheet

Allergens

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

Nutrition per serving

Calories 510kcal, Fat 26g, Carbs 37g, Protein 32g



1. Cook potatoes

Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan, along with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high heat, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve ½ cup potato water, then drain and return potatoes to saucepan. Cover to keep warm.



2. Prep ingredients

Preheat oven to 450°F with a rack in the center. Peel and finely grate ¼ teaspoon garlic. Trim bottom 2 inches from asparagus. Squeeze 1 teaspoon lemon juice.



3. Brown pork

Pat **pork** dry. Season all over with ½ **teaspoon salt** and **a few grinds pepper**. Heat **2 teaspoons oil** in a medium skillet over medium-high. Add pork and cook, turning once, until browned on both sides, 2–3 minutes per side. Transfer to a rimmed baking sheet. Roast on center oven rack, about 5 minutes. Reserve skillet for step 5.



4. Roast pork & asparagus

Toss asparagus with ½ tablespoon oil, a pinch of salt and a few grinds pepper. Add to baking sheet with pork. Continue roasting until pork is barely firm to touch and a thermometer reads 145°F, 3-4 minutes. Transfer to a plate to rest for 5 minutes. Continue roasting asparagus until tender, 4-5 minutes more. Toss asparagus with lemon juice.



5. Make sauce

Melt ½ tablespoon butter in reserved skillet over medium-high. Stir in broth concentrate and Dijon, scraping up any browned bits. Whisk in ½ cup water. Season with a pinch each salt and pepper. Bring to a boil, then reduce heat to low. Simmer, stirring, until sauce reduces slightly, 2-3 minutes.



6. Finish potatoes & serve

Heat saucepan with **potatoes** over medium, and add **garlic**, **2 tablespoons butter**, and **reserved potato water**. Mash well using a potato masher or fork, then season to taste with **salt** and **pepper**. Thinly slice **pork**. Spoon **sauce** over top of the pork. Serve pork with **potatoes** and **asparagus** alongside. Enjoy!