



Easy Prep! Maple-Mustard Pork Tenderloin

with Apples, Sweet Potatoes & Brussels



40min



2 Servings

This bountiful meal is a feast of tender roast pork and vegetables that we slather in a sweet mustardy glaze. Roasting vegetables concentrates their natural sugars while they soften on the inside and crisp on the outside. We glaze the pork with maple-mustard and roast with apples, sweet potatoes and Brussels sprouts that we toss in Herbs de Provence. A final sprinkling of red pepper flakes means this succulent roast is ready!

What we send

- ½ lb Brussels sprouts
- 1 apple
- 1 sweet potato
- ¼ oz herbs de Provence
- 10 oz pkg pork tenderloin
- 1 oz maple syrup
- 1 pkt crushed red pepper
- garlic
- 1 (¼ oz) Dijon mustard

What you need

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

Tools

- rimmed baking sheet
- microplane or grater
- microwave

Allergens

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

Nutrition per serving

Calories 630kcal, Fat 25g, Carbs 58g, Protein 43g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center.

Trim **Brussels sprouts**, remove any tough outer leaves if necessary, then halve (or quarter, if large). Quarter **apple**, discard core, then cut each quarter into ¼-inch thick slices. Halve **sweet potato** lengthwise, then slice crosswise into ¼-inch half-moons.



4. Roast pork

After **veggies and apples** have roasted 15 minutes, add **pork** to baking sheet. Spoon **some of the maple-mustard glaze** over pork (save the rest for serving). Roast until veggies and apples are tender and charred in spots and pork is cooked through to 145°F internally, 10-15 minutes.



2. Roast veggies & apples

On a rimmed baking sheet, toss **sweet potatoes, apples, and Brussels sprouts** with a **generous drizzle of oil** and **1 tablespoon Herbs de Provence**; season with **salt and pepper**. Roast on center oven rack for 20 minutes.



5. Optional broil

Optional: broil **pork, veggies, and apples** for 1-3 minutes to further brown and crisp. Watch carefully to prevent burning.



3. Prep pork & make glaze

Meanwhile, pat **pork** dry and season all over with **salt and pepper**.

Finely grate **1 teaspoon garlic** into a small microwave-safe bowl. Add **2 tablespoons butter**; microwave on high in 10-second intervals until butter is melted and garlic is fragrant. Whisk in **mustard** and **maple syrup**. Season to taste with **salt and pepper**.



6. Finish & serve

Warm **remaining maple-mustard glaze** in microwave, if necessary.

Serve **maple-mustard pork** with **apples, sweet potatoes, & Brussels sprouts** and drizzle **remaining glaze** over top. Sprinkle with **crushed red pepper**, if desired. Enjoy!