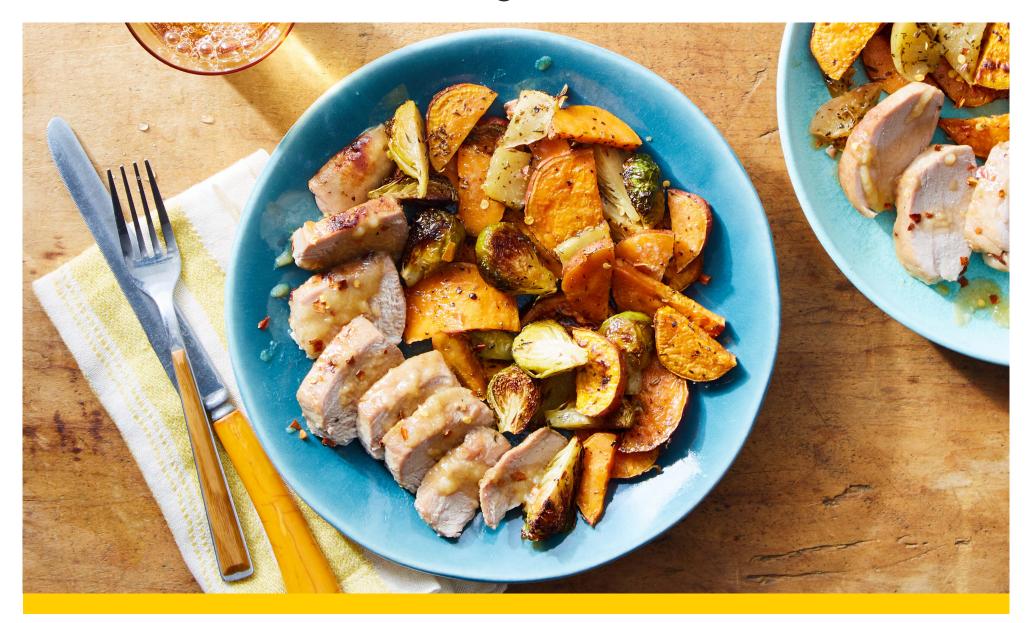
# MARLEY SPOON



## **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

- 1/2 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
- ¼ oz Dijon mustard

#### What you need

- olive oil
- kosher salt & ground pepper
- butter <sup>1</sup>

#### Tools

- rimmed baking sheet
- microplane or grater
- microwave

#### Allergens

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

#### Nutrition per serving

Calories 630kcal, Fat 25g, Carbs 59g, 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 ¼inch 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!