

MARLEY SPOON



Dijon Pork Tenderloin

with Garlic Potato Mash & Asparagus

 30-40min  2 Servings

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

- garlic
- 2 Yukon gold potatoes
- ½ lb asparagus
- 1 lemon
- 10 oz pkg pork tenderloin
- 1 (¼ oz) Dijon mustard
- 1 pkt chicken broth concentrate

What you need

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

Tools

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

Allergens

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

Nutrition per serving

Calories 720kcal, Fat 45g, Carbs 42g, Protein 44g



1. Prep ingredients

Preheat oven to 425°F with a rack in the center position. Finely chop **2 teaspoons garlic**. Peel **potatoes** and cut into 1-inch pieces. Trim woody ends from **asparagus**. Zest **1 teaspoon lemon zest**. Juice **1 teaspoon lemon juice**.



4. Roast pork & asparagus

Heat **2 tablespoons oil** in a medium skillet over high heat. Add **pork** and cook until browned, 1-2 minutes per side. Add pork to baking sheet with **asparagus**; reserve skillet.

Roast pork and asparagus on center oven rack until pork reaches an internal temperature of 145°F and asparagus is crisp-tender, 8-10 minutes. Transfer pork to a cutting board. Toss asparagus with **lemon zest**.



2. Cook potatoes

To a medium saucepan, add **potatoes**, **garlic**, and enough **salted water** to cover by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low and simmer until potatoes are tender, 15-20 minutes. Reserve **½ cup cooking water**. Drain potatoes and return to saucepan, off heat.



5. Make pan sauce

Return reserved skillet to stovetop over medium-high heat. Add **Dijon**, **broth concentrate**, and **½ cup water**. Cook, stirring and scraping up any browned bits from pan, until slightly reduced, about 2 minutes. Off heat, whisk in **lemon juice** and **1 tablespoon butter**.



3. Finish potatoes

To saucepan with **potatoes**, add **2 tablespoons butter** and **¼ cup cooking water**. Mash with a fork or potato masher. Add more cooking water, 1 tablespoon at a time, to achieve desired consistency. Cover to keep warm.

On a rimmed baking sheet, toss **asparagus** with **1 tablespoon oil**. Season with **salt and pepper**. Pat **pork** dry and season all over with **salt and pepper**.



6. Finish & serve

Thinly slice **pork**. Serve **pork tenderloin** over **garlic mashed potatoes** with **Dijon pan sauce** otop and **roasted asparagus** alongside. Enjoy!