

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
- ½ oz whole grain mustard ¹⁷
- 10 oz pkg pork tenderloin
- 2 (1 oz) pkts sour cream ⁷
- 3 oz baby arugula

What you need

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

Tools

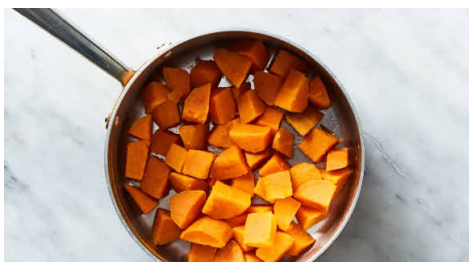
- medium saucepan
- colander
- medium skillet
- potato masher or fork

Allergens

Milk (7), Sulphites (17). 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!