



Low-Cal 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

- ½ lb asparagus
- .35 oz Dijon mustard ¹⁷
- 1 pkt chicken broth concentrate
- 1 lemon
- 10 oz pkg pork tenderloin
- 2 Yukon gold potato
- garlic

What you need

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

Tools

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

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

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

Nutrition per serving

Calories 580kcal, Fat 28g, Carbs 42g, Proteins 44g



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.



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**.



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**.



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.



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.



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!