



NUTRITION per serving 60g carbohydrates 44g fat 52g protein 1574mg sodium



Calories
871



Prep & Cook Time
40-50 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Mild



OKTOBERFEST SPECIAL

Oktoberfest Pork Medallions

with smashed potatoes and roasted Brussels sprouts

IN YOUR BOX

- 1 Russet Potato
- 10 oz. Brussels Sprouts
- 1 Shallot
- 1 Pork Tenderloin
- 4 fl. oz. Light Cream
- 4 Tbsp. Horseradish Sauce
- 2 fl. oz. Apple Cider
- 3 Thyme Sprigs
- 2 Tbsp. Grainy Mustard

CONTAINS: milk, eggs, soy
Packaged in a facility that also packages peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Baking Sheet
- Medium Pot
- Colander
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil

WHILE YOU COOK

- **Heads Up!** Cream is used twice. 1 Tbsp. is added to **potatoes** and remaining is added to **sauce**.

FROM THE CHEF

Starting potatoes off in cold water as opposed to hot (like pasta) ensures an even cook from the outside in.

Did you know...

It doesn't have to be October to enjoy Oktoberfest. In fact, it often kicks off in September in Germany. Later, hosen!



Prepare the Ingredients

Peel and cut **potato** into ½” dice. Bring a medium pot with potatoes and enough **lightly salted water** to cover to a boil. Trim bottoms off **Brussels sprouts** and halve (quarter if larger than a ping-pong ball). Peel and mince **shallot**. Pat **pork tenderloin** dry. On a separate cutting board, cut tenderloin into ¾” medallions and season with ¼ tsp. **salt** and ¼ tsp. **pepper**.



Sear the Pork Medallions

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Add **pork medallions** to hot pan and sear until well-browned and pork reaches a minimum internal temperature of 145 degrees, 3-4 minutes on each side. Transfer medallions to a plate. Wipe pan clean and reserve.



Cook the Potatoes

Reduce heat of pot with potatoes to a simmer, and cook until fork-tender, 13-15 minutes. Drain in a colander and return potatoes to pot. Add 1 Tbsp. **cream** (reserve remaining for sauce), **horseradish sauce**, and a pinch of **salt** and **pepper**. Mash until desired consistency is reached. Set aside and keep warm. While potatoes simmer, roast Brussels sprouts.



Prepare Sauce and Finish Pork

Return pan used to sear pork to medium-high heat and add 1 tsp. **olive oil** and **shallot**. Cook until shallot softens, 1-2 minutes. Add **apple cider** and **thyme sprigs** and reduce by half, 30-60 seconds. Add remaining **cream** and **mustard**, stir to incorporate, and bring to a simmer. Simmer until sauce is thickened, 3-4 minutes. Remove from burner and return **pork medallions and any accumulated juices** to pan. Flip medallions to evenly cover in sauce. Discard thyme sprigs.



Roast the Brussels Sprouts

Place **Brussels sprouts** on prepared baking sheet. Drizzle with 1 tsp. **olive oil** and season with ¼ tsp. **salt** and a pinch of **pepper**. Toss to coat evenly and spread into a single layer. Roast until well-browned, 15-18 minutes. While Brussels roast, sear pork medallions.



Finish the Dish

Plate dish as pictured on front of card. Bon appétit!