



NUTRITION per serving 58g carbohydrates 16g fat 60g protein 873mg sodium | soy-free, nut-free



Calories
668



Prep & Cook Time
30-40 min.



Cook Within
6 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- 6 oz. Broccoli Rabe
- 2 Garlic Cloves
- 1 Red Onion
- 3 Thyme Sprigs
- 1 Ear of Corn
- 1 Pork Tenderloin
- 2 tsp. Chicken Base
- 2 Hoagie Rolls
- 4 Provolone Cheese Slices

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- Medium Pan

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HOME CHEF

STAFF PICK

Philly Market Roasted Pork Hoagie

with provolone, broccoli rabe, and thyme au jus

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 and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Broccoli rabe** has tough woody ends much like asparagus. It is important to remove them before cooking.
- **Heads Up! Red onion** is used twice in this recipe. Most is added to **au jus** with a pinch reserved for **sandwiches**.
- **Red onion** brings a nice kick to **sandwich**, but feel free to add to taste to keep elements balanced.

FROM THE CHEF

Though they share a name and are similar in appearance, broccoli rabe is more bitter than regular broccoli. Cooking lessens its bitterness, as does pairing it with red onion and thyme au jus.

Did you know...

Philadelphia rightly receives plaudits for its legendary cheesesteak, but you may be surprised to learn the roast pork and broccoli rabe sandwich is as much of an institution for the City of Brotherly Love.



Prepare the Ingredients

Trim woody ends off **broccoli rabe** and coarsely chop stems and leaves. Mince **garlic**. Halve and peel **onion**. Slice halves into thin strips (julienne). Stem **thyme**. Shuck **corn**, rinse, and halve. Rinse **pork tenderloin**, pat dry, and season with $\frac{1}{2}$ tsp. **salt** and $\frac{1}{4}$ tsp. **pepper**.



Make the Au Jus

Heat 2 tsp. **olive oil** in pan used for broccoli rabe over medium heat. Add **garlic**, **thyme**, and **onions** (reserve a bit for topping sandwich) to hot pan and cook 2 minutes while stirring. Add 2 cups **water** and **chicken base** to pan. Bring to a simmer and cook 5 minutes. Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. Return **broccoli rabe** to pan and cook an additional 2 minutes.



Roast Corn and Pork

Place **corn** on one side of prepared baking sheet. Drizzle with 1 tsp. **olive oil** and season with a pinch of **salt and pepper**. Place in oven and roast 10 minutes. Meanwhile, heat 2 tsp. olive oil in a medium pan over medium-high heat. Add **pork tenderloin** to hot pan and sear on two sides, 6-8 minutes, or until well-browned. After corn roasts 10 minutes, add pork to other side of baking sheet and roast 12-15 minutes, or until corn is slightly charred and pork tenderloin reaches a minimum internal temperature of 145 degrees. Transfer pork to a clean cutting board and let rest 10 minutes. Replace foil on baking sheet.



Assemble and Bake Sandwich

Slice **pork tenderloin** into very thin slices, transfer to pan with hot **au jus**, and stir until well coated in sauce. Place a serving of **sliced pork** and **broccoli rabe** on each hoagie, making sure to let any juice drain off first. Add reserved **red onion** (to taste) to each sandwich and top with **provolone slices**. Place sandwiches on prepared baking sheet and bake 5-7 minutes, or until cheese is melted.



Steam the Broccoli Rabe

Add **broccoli rabe** and $\frac{1}{4}$ cup **water** to pan used to sear pork (no need to wipe pan clean) and place over medium-high heat. Once water begins steaming, cover and cook 5 minutes, or until tender. Remove broccoli rabe to a plate and discard any remaining water. Season with $\frac{1}{4}$ tsp. **salt** and a pinch of **pepper**. Wipe pan clean.



Plate the Dish

Slice **sandwich** in half if desired and serve on plate with **corn**. Serve with **au jus** on side for dipping.