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Perfect Pork Tenderloin with Cabbage & Apple Braise

There are few pairings as classic as that of pork and apple. Fred Astaire and Ginger Rogers perhaps? Ernie and Bert? Either way, by the time fennel seeds join the party, you know you're in for a real treat. Each and every bite of this dinner offers up joyous colours and textures.



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high protein



diabetes friendly

Pantry Items



Butter



Olive Oil



Sweet Potato



Pork Tenderloin



Red Onion



Red Cabbage



Fennel Seeds






Green Apple

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| 2P | 4P | Ingredients |
|--------|--------|--|
| 400 g | 800 g | sweet potato, peeled & cut into 2 cm pieces |
| 2 tsp | 1 tbs | butter * |
| 400 g | 800 g | pork tenderloin |
| 2 tsp | 1 tbs | olive oil * |
| ½ | 1 | red onion, finely sliced  |
| 2 cups | 4 cups | finely sliced red cabbage |
| 1 tsp | 2 tsp | fennel seeds |
| 1 | 2 | green apple, unpeeled & grated  |

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

| | | |
|--------------|------|----|
| Energy | 2350 | Kj |
| Protein | 56.1 | g |
| Fat, total | 14.1 | g |
| -saturated | 4 | g |
| Carbohydrate | 46.3 | g |
| -sugars | 27.2 | g |
| Sodium | 154 | mg |



You will need: *chef's knife, chopping board, vegetable peeler, box grater, potato masher, plate, wooden spoon, medium saucepan with a lid, ovenproof frying pan, and a medium frying pan.*

1 Preheat the oven to **200°C/180°C fan-forced**.

2 Place the **sweet potato** in a medium saucepan and cover with water. Bring to the boil and cook for **10 minutes** or until tender. Drain. Return the potato to the saucepan and add half of the **butter** and **salt** and **pepper**. Using a fork or potato masher, mash until smooth. Cover to keep warm.

3 Meanwhile, rub the **pork tenderloin** with a little olive oil and season with salt and pepper. Heat an ovenproof frying pan over a medium-high heat. Add the pork and cook for **2 minutes** on each side and then transfer to the oven and cook for **12-15 minutes**. Transfer the pork to a plate and rest for **5 minutes**. Cut the pork into slices.

4 While the pork is in the oven, heat the **olive oil** in a medium frying pan. Add the **red onion**, **red cabbage** and **fennel seeds** and cook, stirring, for **3-4 minutes** or until soft. Add the **green apple** and remaining butter. Reduce the heat to medium-low and cook, stirring, for **1-2 minutes**.

5 To serve, divide the sweet potato mash and cabbage braise between plates. Top with the sliced pork.

Did you know? The apple tree originated in Central Asia.

