

Sheet Pan Roasted Pork & Sweet Potatoes

with Creamy Kale

TIME: 45-55 minutes

SERVINGS: 4

For hands-off cooking, we're roasting spice-rubbed pork and sweet potato wedges on the same sheet pan in this recipe. Sautéed kale coated with creamy goat cheese makes for a sophisticated side.



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Ingredients



1
PORK ROAST



1 bunch
KALE



2 Tbsps
BUTTER



1 Tbsp
SHERRY VINEGAR



1 oz
GOAT CHEESE



2 cloves
GARLIC



1 lb
SWEET POTATOES



2 Tbsps
CHICKEN
DEMI-GLAZE



1 Tbsp
BARBECUE SPICE
BLEND*

* Smoked Paprika, Sweet Paprika, Ground Fennel Seeds, Ground Coriander, Garlic Powder, & Light Brown Sugar



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1 Prepare the sweet potatoes:

- ☐ Place an oven rack in the center of the oven, then preheat to 450°F.
- ☐ Line a sheet pan with aluminum foil.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the **sweet potatoes** lengthwise into 1-inch-wide wedges. Place on the foil. Drizzle with olive oil and season with salt and pepper; toss to coat. Arrange in an even layer, skin side down, around the edges of the sheet pan.



2 Roast the pork & sweet potatoes:

- ☐ Pat the **pork** dry with paper towels. Place in a bowl and drizzle with olive oil. Season on all sides with salt, pepper, and the **spice blend**. Rub the seasonings onto the pork. Transfer to the center of the sheet pan of **seasoned sweet potatoes**.
- ☐ Roast 33 to 35 minutes, or until the sweet potatoes are tender when pierced with a fork and the pork is cooked through. (An instant-read thermometer inserted into the pork should register 145°F.)
- ☐ Remove from the oven. Transfer the roasted pork to a cutting board and let rest at least 5 minutes.

3 Prepare the remaining ingredients:

- ☐ While the pork and sweet potatoes roast, peel and roughly chop the **garlic**.
- ☐ Remove and discard the stems of the **kale**; roughly chop the leaves.



4 Cook & dress the kale:

- ☐ Once the pork and sweet potatoes have roasted about 25 minutes, in a large pan, heat a drizzle of olive oil on medium-high until hot.
- ☐ Add the **chopped garlic**; season with salt and pepper. Cook, stirring frequently, 30 seconds to 1 minute, or until slightly softened and fragrant.
- ☐ Add the **chopped kale** and **1/3 cup of water** (carefully, as the liquid may splatter); season with salt and pepper. Loosely cover the pan with aluminum foil and cook, stirring occasionally, 5 to 6 minutes, or until the kale is wilted and the water has cooked off.
- ☐ Transfer to a large bowl; add the **cheese** (crumbling before adding). Stir until thoroughly combined and the cheese is melted; season with salt and pepper to taste. Cover with aluminum foil to keep warm. Rinse and wipe out the pan.



5 Make the pan sauce:

- ☐ While the pork rests, in the same pan, combine the **demi-glace**, **vinegar**, and **1/4 cup of water**; season with salt and pepper. Heat to boiling on medium-high. Cook, stirring occasionally, 1 to 2 minutes, or until slightly thickened.
- ☐ Turn off the heat and stir in the **butter** until melted. Season with salt and pepper to taste.

6 Slice the pork & serve your dish:

- ☐ Find the lines of muscle (or grain) on the **rested pork**; thinly slice crosswise against the grain.
- ☐ Serve the sliced pork with the **roasted sweet potatoes** and **dressed kale**. Top the pork with the **pan sauce**. Enjoy!