

Sheet Pan Pork Roast

with Roasted Vegetables & Fig-Dijon Sauce

2 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com



Ingredients*



1 Pork Roast



½ lb Sweet Potato



¾ lb Carrots



½ lb Broccoli



1 Shallot



2 Tbsps Balsamic Vinegar



1 Tbsp Fig Spread



1 Tbsp Dijon Mustard



2 tsps Honey



1 Tbsp Weeknight Hero Spice Blend¹



10 Points[®] value per serving



Scan this barcode in your WW app to track Points[™]. Wine is not included in Points[™] as packaged. Skip adding salt during prep and cooking, and see nutrition info for sodium as packaged. Choose nonstick cooking spray (0 Points[™]) instead of olive oil (1 Points[™] value per teaspoon) to coat your pan before heating.

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1. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley
*Ingredients may be replaced and quantities may vary.

COOK ALONG WITH



"Alexa, find Blue Apron recipes."

1 Prepare the vegetables

- Remove the **honey** from the refrigerator to bring to room temperature.
- Place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **sweet potato** lengthwise, then cut crosswise into 1/4-inch pieces.
- Cut off and discard the bottom 1/2 inch of the **broccoli** stem; cut the broccoli into small florets.
- Peel the **carrots**; halve lengthwise, then cut crosswise into 2-inch pieces.
- Place the **sweet potato pieces**, **broccoli florets**, and **carrot pieces** in a bowl. Drizzle with **olive oil**; season with salt, pepper, and the **spice blend**. Toss to coat.
- Reserving the bowl, transfer to a sheet pan and arrange in an even layer around the edges.



For easier cleanup, line your sheet pan with foil.

2 Season the pork

- Pat the **pork** dry with paper towels.
- Transfer to the reserved bowl and drizzle with **olive oil**. Season with salt and pepper on all sides; turn to coat.
- Transfer to the center of the sheet pan of **seasoned vegetables**.



3 Roast the pork & vegetables

- Roast the **seasoned pork and vegetables** 25 to 27 minutes for medium (the center may still be slightly pink), or until the pork is cooked to your desired degree of doneness* and the vegetables are tender when pierced with a fork.
- Remove from the oven.
- Carefully transfer the **roasted pork** to a cutting board. Let rest at least 5 minutes.



4 Marinate the shallot & make the sauce

- Meanwhile, peel and finely chop the **shallot**. Place in a large bowl; add the **vinegar** and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.
- In a separate bowl, whisk together the **fig spread**, **mustard**, and **honey** (kneading the packet before opening).



5 Finish & serve your dish

- While the pork rests, to the bowl of **marinated shallot**, carefully add the **roasted vegetables**; stir to combine. Taste, then season with salt and pepper if desired.
- Find the lines of muscle (or grain) on the **rested pork**; thinly slice crosswise against the grain.
- Serve the **sliced pork** with the **finished vegetables**. Top the pork with the **sauce**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 145°F for pork.