



# Pork Poutine

## Ingredients

### VEGETABLES

- 1 cup (200 g) yellow beans, trimmed
- 3 medium parsnips (300 g), peeled
- 4 medium carrots (400 g), peeled
- 1 medium sweet potato (250 g), peeled
- 1 large well washed white flesh potato (200 g), unpeeled
- 2 tbsp (30 ml) vegetable oil
- ¼ (1 ml) tsp salt

### PORK TENDERLOIN

- 1 tsp (5 ml) vegetable oil
- ¾ lb (335 g) pork tenderloin

### SAUCE

- 2 tbsp (30 ml) cold water
- 2 tbsp (30 ml) cornstarch
- 1 garlic clove, chopped
- 2 tsp (10 ml) mild smoked paprika
- 1½ tsp (7.5 ml) garlic powder
- 2 cups (500 ml) unsalted beef broth
- ½ tsp (2.5 ml) salt

### ASSEMBLING

- 1 cup (200 g) cheese curds

### YOU WILL NEED:

- cutting boards
- 1 or 2 peelers
- knives
- set of measuring spoons
- set of measuring cups
- 1 or 2 baking sheets
- parchment paper
- kitchen tongs
- small bowl
- 1 large skillet (if possible, not anti-adhesive)
- wooden spoon
- whisk
- aluminum foil

## Preparation

- 1 Preheat oven to 450 °F.
- 2 Line a baking sheet with parchment paper.

### VEGETABLES

- 3 Cut all vegetables into thin matchsticks of equal size. Place on baking sheet with oil and salt. Mix and bake for 40 to 50 minutes or until vegetables are golden and tender.

### PORK TENDERLOIN

- 4 Heat a medium skillet over medium-high heat and add oil.
- 5 Sear pork a few minutes on each side to brown it well.
- 6 Remove pork (save drippings for sauce) and place on top of vegetables in the oven to complete cooking. Cook for 10 to 15 minutes, depending on the size of the tenderloin. Once cooked, let rest on a plate covered with foil for 5 minutes.
- 7 Cut pork into thin slices or cubes.

### SAUCE

- 8 In a small bowl, mix starch with cold water and set aside.
- 9 Use the same skillet used to cook the pork to make the sauce.
- 10 Heat over medium-low heat, add 1 teaspoon oil and sweat garlic for 2 minutes.
- 11 Add spices and continue cooking for 1 minute, stirring constantly.
- 12 Add broth and salt and bring to a boil. Reduce heat and stir in starch mixture with a whisk. Simmer for 5 minutes or until sauce thickens.

### ASSEMBLING

- 13 Divide vegetables, pork and cheese into 4 plates, cover with sauce and serve.



**DIETITIAN'S TIP:** This reinvented version of poutine is rich in fibre and bursting with colour and flavour. To make a complete meal, finish it off with a homemade whole grain cake or muffin.