



# Online Class 1/23/21: Meal Prep for Success

## Class Prep List

**Recipes:** Honey Mustard Pork Tenderloin | Mashed Sweet Potatoes | Roasted Winter Vegetables | Honey Soy Glazed Pork Tenderloin | Turkey & Sweet Potato Shepherd's Pie\* | Moroccan Spiced Quinoa Stew\*

*Please note the following information if you are planning on cooking along so that you can be prepared for class day. We will be providing suggestions for storing the cooked recipes if you decide to cook everything as a "meal prep" for your week ahead. \*These recipes are freezer friendly. This menu cross utilizes many ingredients, but you can feel free to cook only one or two of the dishes at a time if that works better for you!*

### **Items that will be cooked in advance of class:**

- Make Quinoa – 1 cup according to package directions (this will be used if you are making the stew or if you'd like to use it for the Honey Glazed Pork Tenderloin Bowls)
- Moroccan Spiced Quinoa Stew (this recipe will not be cooked live during class but Chef Heather will show the finished product)

### **Items to be prepped in advance:**

- Cut the vegetables for recipes you will be cooking:

#### **Mashed Sweet Potatoes**

- Sweet Potatoes – medium dice (2 lbs.)

#### **Roasted Winter Vegetables**

- Brussels Sprouts - trimmed and halved or quartered, if very large (1 lb.)
- Parsnips/Carrots – peeled and cut into ½" pieces (8 oz. – about 3 medium)
- Red Onion – large dice (1/2 medium)

#### **Turkey & Sweet Potato Shepherd's Pie**

- Onion – small dice (1 small)
- Carrot – small dice (1 medium)
- Mushrooms – minced (4 oz.)
- Garlic – minced (3 cloves \*1 will be used for the pork tenderloin glaze)

- Gather all ingredients & equipment/supplies needed for recipes you will be cooking
- Measure out all spices/dried herbs needed for recipes you will be cooking

### **Plan for Class Session on Saturday 1/23/21 – Meal Prep for the Week Ahead:**

- Start mashed sweet potatoes
- Make sauces for pork recipes – honey mustard/honey soy glaze
- Sear pork tenderloin for both recipes
- Top pork with sauces and transfer both to oven
- Finish sweet potatoes – save half for shepherd's pie
- Sauté/char cabbage on stove (or cook your vegetable of choice for serving with the Honey Soy Pork Tenderloin recipe)
- Season brussels sprouts, parsnips, and red onion and transfer to oven
- Start shepherd's pie mixture on stove
- Assemble both pork tenderloin plates/leftovers
- Assemble shepherd's pie and share finished stew (review freezing & reheating info)

### **Weekly Menu Suggestion:**

Dinner #1: Honey Mustard Pork Tenderloin with Mashed Sweet Potatoes and Roasted Winter Vegetables

Dinner #2: Moroccan Spiced Quinoa Stew + Your Favorite Salad

Dinner #3: Honey Soy Glazed Pork Tenderloin + Quinoa/Brown Rice/Rice Noodles + Your Favorite Vegetables

Dinner #4: Turkey & Sweet Potato Shepherd's Pie + Your Favorite Salad

Dinner #5: Your night off! Order takeout and support your favorite local restaurant ☺

If you're not planning on cooking all items in advance, you can give yourself a great head start just by washing and chopping your vegetables when you get your groceries home. This extra step on shopping (or grocery delivery) day, will shave time off your meal preparation during the week! You can also pre-cook your grain of choice and prepare the sauces for both pork recipes and store everything in tightly sealed containers in the refrigerator for a few days.