

(veg version) Alpine Pork with Sweet Potato and Pan sauce

For the Veggie Patty

Form the patty mix into 4 equal patties

Season with salt and pepper

Heat a pan to medium heat

Add 2T grapeseed oil

Cook the on each side for 3 to 4 minutes

Add 1/2 cup Veg stock to deglaze the pan, reduce by half

Add the mustard Sauce and cook for 1 minute

(this allows you to get all that fond/flavor from the pan into a sauce)

Add the 2T butter

Baste the patties with the sauce

Season with salt and pepper

For the Veggies

Heat the oven the 350 degrees

Wash and dice the sweet potato

Peel and dice the onion

In a bowl toss the Potatoes and Onions with Olive Oil, balsamic Vinegar, salt and pepper

Lay on a baking sheet and cook for 20-30 minutes until tender and brown

Remove from Oven

Taste and re season with more salt, pepper if needed

Serve with the pork and the sauce