



BALSAMIC-GLAZED PORK TENDERLOIN

with Roasted Veggie Jumble & Herby Yogurt Sauce

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Red Onion



8 oz | 16 oz
Broccoli Florets



9 oz | 18 oz
Carrots



1 | 1
Lemon



10 oz | 20 oz
Pork Tenderloin



1 tsp | 1 tsp
Dried Oregano



5 tsp | 10 tsp
Balsamic Glaze



2 tsp | 4 tsp
Dijon Mustard



¼ oz | ½ oz
Parsley



2 | 4
Scallions



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



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HelloCustom

2 PERSON | 4 PERSON

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10 oz | 20 oz
Chicken Cutlets

Calories: 460



PREP: 15 MIN | COOK: 40 MIN | CALORIES: 470



HELLO

BALSAMIC GLAZE

Combine it with mustard and lemon zest for a tangy-sweet-sticky roasted pork topper.

MAKE ROOM

The secret to crisp, golden roasted veggies? Cook them in a single layer and give them some room. That way, they'll brown (instead of steam).

BUST OUT

- Peeler
- Zester
- Baking sheet
- Paper towels
- Large pan
- 2 Small bowls
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)
- Olive oil (1 TBSP | 2 TBSP)

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1 START PREP & ROAST VEGGIES

- Adjust rack to top position (**top and middle positions for 4 servings**) and preheat oven to 425 degrees. **Wash and dry produce.**
- Halve, peel, and dice **onion** into ½-inch pieces. Cut **broccoli florets** into bite-size pieces if necessary. Trim, peel, and cut **carrots** on a diagonal into ¼-inch-thick pieces. Zest and quarter **lemon**.
- Toss **onion, broccoli, and carrots** on one side of a baking sheet with a **large drizzle of oil**. (For 4 servings, spread veggies out across entire sheet.) Season with **salt and pepper**. Roast on top rack until tender, 20-22 minutes (**you'll add more to the sheet after 12 minutes**).



4 FINISH PREP & MAKE SAUCE

- Mince **parsley**. Trim and mince **scallions**.
- In a second small bowl, combine **yogurt, parsley, scallions, 1 TBSP olive oil (2 TBSP for 4 servings), juice from one lemon wedge (two wedges for 4), salt, and pepper**.



2 SEAR & ROAST PORK

- Meanwhile, pat **pork*** dry with paper towels; season all over with **half the oregano (all for 4 servings), salt, and pepper**.
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and cook, turning occasionally, until browned all over, 3-5 minutes (**pork will cook through in the oven**).
- Once veggies have roasted 12 minutes, remove sheet from oven; carefully push **veggies** to one side of sheet. Transfer pork to empty side of sheet. Return to top rack and roast until pork is almost cooked though, 8 minutes more. (For 4, **leave veggies roasting; transfer pork to a second baking sheet and roast on middle rack.**)

- 🔄 Swap in **chicken*** for pork. Cook until browned and cooked through, 3-5 minutes per side. (**Skip roasting!**)



5 FINISH PORK

- Once pork has roasted 8 minutes, remove sheet from oven (**for 4 servings, leave veggies roasting if needed**). Carefully spoon **half the glaze over pork**. Return sheet to oven until pork is cooked through, glaze is tacky, and veggies are tender, 2-3 minutes more. Transfer pork to a cutting board to rest.
- Transfer **veggies** to a large bowl and let cool for at least 2 minutes. Add **half the yogurt sauce**; toss to combine.

- 🔄 Return pan with **chicken** to stovetop over medium heat. Spoon **half the glaze** over chicken; cook, undisturbed, until glaze is tacky, 2-3 minutes. Transfer chicken to a cutting board to rest.



3 MAKE GLAZE

- While everything roasts, in a small bowl, combine **balsamic glaze, mustard, lemon zest, and ¼ tsp sugar (½ tsp for 4 servings)**. Set aside.



6 FINISH & SERVE

- Thinly slice **pork** crosswise.
- Divide pork and **veggie jumble** between plates. Spoon **remaining glaze** over pork. Serve with **remaining yogurt sauce** on the side.

- 🔄 Thinly slice **chicken** crosswise.

*Pork is fully cooked when internal temperature reaches 145°.

🔄 *Chicken is fully cooked when internal temperature reaches 165°.