



HONEY THYME PORK TENDERLOIN

with Roasted Potatoes & Broccoli

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



10 oz | 20 oz
Pork Tenderloin



1 Clove | 1 Clove
Garlic



8 oz | 16 oz
Broccoli Florets



1 tsp | 1 tsp
Dried Thyme



2 | 4
Chicken Stock
Concentrates



2 tsp | 4 tsp
Honey



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*The ingredient you received may be a different color.



HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the
HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 520



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 530



HELLO


ROASTED BROCCOLI

Roasting is one of our favorite ways to add depth (and crispiness!) to this classic green veg.

WORTH THE WHISK

Before heating the pan again in step 5, whisk together the stock concentrates, honey, and water directly in a liquid measuring cup. This'll save you the trouble of opening packets and measuring when the cooking is underway.

BUST OUT

- 2 Baking sheets
- Paper towels
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Olive oil (1 tsp | 1 tsp)
- Butter (1 TBSP | 2 TBSP)
Contains: Milk
- Large pan
- Aluminum foil 

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1 ROAST POTATOES

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Toss on a baking sheet with a **drizzle of oil, salt, and pepper.**
- Roast on top rack, tossing halfway through, until lightly browned and tender, 20-25 minutes.




4 ROAST PORK & BROCCOLI

- Transfer sheet with **pork** and **broccoli** to middle rack; roast until pork is cooked through and broccoli is tender, 12-15 minutes.
- Once pork is done, transfer to a cutting board to rest. Thinly slice crosswise.



2 SEAR PORK & PREP

- While potatoes roast, pat **pork*** dry with paper towels; season all over with **salt and pepper.**
- Heat a **drizzle of oil** in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes.
- Meanwhile, peel and mince **half the garlic (all for 4 servings).**
- Once pork is browned, transfer to one side of a second baking sheet.

-  Swap in **chicken*** for pork; cook until browned and cooked through, 3-5 minutes per side. Transfer to a cutting board and tent with foil to keep warm. (No need to transfer to a baking sheet!)



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium heat. Add **minced garlic and thyme**; cook until fragrant, 30 seconds.
- Stir in **stock concentrates, honey,** and **¼ cup water (½ cup for 4 servings).** Simmer, scraping up any browned bits from bottom of pan, until sauce has reduced and thickened, 2-3 minutes.
- Stir in **1 TBSP butter (2 TBSP for 4)** until melted. Season with **salt and pepper.** **TIP: If sauce seems too thick, stir in a splash or two of water.**




3 TOSS BROCCOLI


- Cut **broccoli** into bite-size pieces if necessary. Toss with a **drizzle of olive oil** and a **pinch of salt and pepper** on opposite side of baking sheet from **pork.**
- Spread **broccoli** out across entire baking sheet.



6 SERVE

- Divide **pork, broccoli,** and **potatoes** between plates. Drizzle pork with **sauce** and serve.
-  Thinly slice **chicken** crosswise.

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

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