



CRANBERRY DIJON PORK TENDERLOIN

with Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold
Potatoes



1 Thumb | 2 Thumbs
Ginger



¼ oz | ¼ oz
Rosemary



1 | 1
Lemon



12 oz | 24 oz
Pork Tenderloin



6 oz | 12 oz
Green Beans



4 TBSP | 8 TBSP
Sour Cream
Contains: Milk



2 TBSP | 4 TBSP
Cranberry Jam



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard

HELLO

CRANBERRY DIJON SAUCE

Sweet-tart cranberry jam and zingy Dijon mustard pair up to give pork some flavorful oomph.



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 690

CHECK ON IT

Don't forget to turn the pork periodically as it sears in the pan. You want to brown it on all sides, which will ensure that the meat cooks evenly and develops a tasty crust.

BUST OUT

- Zester
- Paper towels
- Large pan
- Baking sheet
- Large bowl
- Medium pot
- Strainer
- Potato masher
- Kosher salt
- Black pepper
- Vegetable oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to middle position and preheat oven to 450 degrees. **Wash and dry all produce.**
- Dice **potatoes** into ½-inch pieces. Peel and mince or grate **ginger** until you have 1 tsp. Pick **1 tsp rosemary leaves** from stems; mince leaves. Zest and quarter **lemon**.
- **4 SERVINGS:** Adjust racks to top and middle positions. Mince or grate ginger until you have 2 tsp.



4 MASH POTATOES

- Meanwhile, place **potatoes** in a medium pot with enough **salted water** to cover by 2 inches. Bring to a boil and cook until tender, 15-20 minutes. Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot.
- Mash with **sour cream** and **1 TBSP butter** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt** and **pepper**. Cover to keep warm.
- **4 SERVINGS:** Use 2 TBSP butter.



2 SEAR PORK

- Pat **pork*** dry with paper towels and season all over with **salt** and **pepper**.
- Heat a drizzle of **oil** in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (it'll finish cooking in the next step).
- Turn off heat; transfer pork to one side of a baking sheet. Wipe out pan.
- **4 SERVINGS:** Spread pork out across entire sheet.



5 MAKE SAUCE

- Heat a drizzle of **oil** in pan used for pork over medium-high heat. Add **ginger** and **minced rosemary**; cook until fragrant, 30 seconds.
- Stir in **jam**, **stock concentrate**, **mustard**, and **¼ cup water**. Simmer until slightly thickened, 2-3 minutes.
- Remove from heat; stir in **1 TBSP butter** until melted.
- **4 SERVINGS:** Use ½ cup water and 2 TBSP butter.



3 ROAST PORK & BEANS

- Toss **green beans** in a large bowl with a drizzle of **oil**, **salt**, and **pepper**. Spread out on opposite side of sheet from **pork**.
- Roast until pork is cooked through and green beans are tender, 10-12 minutes.
- Transfer pork to a cutting board to rest. Toss green beans with **lemon zest**.
- **4 SERVINGS:** Toss green beans on a second sheet; roast pork on middle rack and green beans on top rack.



6 FINISH & SERVE

- Slice **pork** crosswise. Divide pork, **mashed potatoes**, and **green beans** between plates. Drizzle pork with **sauce**. Serve with **lemon wedges** on the side.

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