



CRANBERRY DIJON PORK TENDERLOIN

with Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Yukon Gold Potatoes



1 Thumb | 1 Thumb
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: 680



TURN IT UP

Don't forget to turn the pork periodically as it sears in the pan. Browning it on all sides ensures that the meat cooks evenly and develops a tasty crust.

BUST OUT

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

GET SOCIAL

Share your #HelloFreshPics
with us @HelloFresh

(646) 846-3663
HelloFresh.com



1 PREP

- Adjust rack to middle position (**middle and top positions for 4 servings**) 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 (**2 tsp for 4**). Pick **1 tsp rosemary leaves** from stems; mince leaves. Zest and quarter **lemon**.



4 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**. (**For 4 servings, toss green beans on a second sheet; roast pork on middle rack and green beans on top rack.**)
- Roast on middle rack until pork is cooked through and green beans are tender, 10-12 minutes.
- Transfer pork to a cutting board to rest. Carefully toss green beans with **lemon zest**.



2 MAKE MASHED POTATOES

- 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 (2 TBSP for 4 servings)** until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt and pepper**.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

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



3 SEAR PORK

- While potatoes cook, 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. (**For 4 servings, spread pork out across entire sheet.**) Wipe out pan.



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°.