



FIGGY BALSAMIC PORK

with Roasted Carrots & Thyme Brussels Sprouts

INGREDIENTS

2 PERSON | 4 PERSON



8 oz | 16 oz
Brussels Sprouts



¼ oz | ¼ oz
Thyme



1 | 2
Shallot



10 oz | 20 oz
Pork Tenderloin



12 oz | 24 oz
Carrots



1 | 2
Chicken Stock
Concentrate



5 tsp | 10 tsp
Balsamic Vinegar



1 | 2
Fig Jam



HelloCustom

2 PERSON | 4 PERSON

If you chose a different protein or veggie when placing your order, follow the **HelloCustom** instructions on the flip side of this card to learn how to modify your meal.

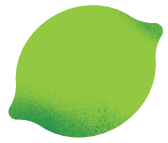


10 oz | 20 oz
Beef Tenderloin
Steak

Calories: 520



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 480



HELLO FRESH

HELLO

BALSAMIC FIG SAUCE

A little bit sweet, a little bit tangy, and all fruit-forward fun

LET IT BE

Make sure to let the pork stand at least 5 minutes after it's done cooking. That extra time before slicing gives the juices a chance to settle and redistribute, keeping the meat nice and moist.

BUST OUT

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

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



1 PREP

- Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry produce.**
- Trim and halve **Brussels sprouts** lengthwise. Strip **thyme leaves** from stems; chop leaves until you have 2 tsp (**4 tsp for 4 servings**). Trim, peel, and cut **carrots** on a diagonal into ½-inch-thick pieces. Halve, peel, and finely chop **shallot**.



4 ROAST PORK

- Roast **pork** on middle rack until cooked through, 10-12 minutes.
- Transfer to a cutting board to rest, then thinly slice crosswise.

⏪ Skip this step!



2 ROAST VEGGIES

- Toss **Brussels sprouts** on one side of a baking sheet with a **drizzle of oil**, **half the chopped thyme**, and a **pinch of salt and pepper**.
- Toss **carrots** on empty side with a **drizzle of oil**, **salt**, and **pepper**.
- Roast on top rack, tossing halfway through, until tender and crisped, 20-25 minutes.



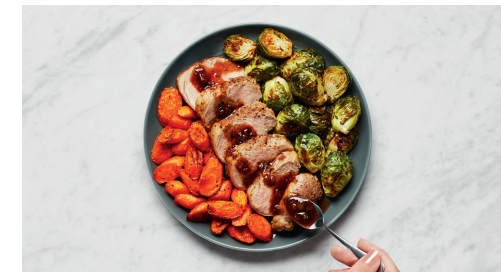
5 MAKE PAN SAUCE

- Meanwhile, heat a **drizzle of olive oil** in pan used for pork over medium heat. Add **shallot** and **remaining chopped thyme**. Cook, stirring, until softened, 1-2 minutes.
- Stir in **stock concentrate**, **vinegar**, **jam**, and **¼ cup water** (**½ cup for 4 servings**). Simmer until thick and saucy, 2-3 minutes.
- Remove pan from heat and stir in **1 TBSP butter** (**2 TBSP for 4**) until melted. Season with **salt** and **pepper**.



3 SEAR PORK

- While veggies roast, pat **pork*** dry with paper towels; season all over with **salt** and **pepper**.
 - Heat a **drizzle of olive oil** in a large pan over medium heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (**it'll finish cooking in the next step**).
 - Transfer to a second baking sheet.
- ⏪ Swap in **beef*** for pork; cook to desired doneness, 4-7 minutes per side. Transfer to a cutting board to rest, then thinly slice crosswise.



6 SERVE

- Divide **Brussels sprouts**, **carrots**, and **pork** between plates. Drizzle **pan sauce** over pork and serve.

WK 11-5