










# HONEY-GLAZED PORK TENDERLOIN

with Roasted Sweet Potatoes and Green Beans



**HELLO**  
**CHICKEN DEMI-GLACE**  
The secret to creating an ultra-tasty pan sauce

**PREP: 10 MIN** | **TOTAL: 35 MIN** | **CALORIES: 600**

-  Sweet Potatoes
-  Green Beans
-  Thyme
-  Honey
-  Garlic
-  Pork Tenderloin
-  Chicken Demi-Glace (Contains: Milk)



## START STRONG

Thyme has an herby flavor that may be a bit strong for younger eaters. Feel free to add it to taste or leave it out completely if you prefer.

## BUST OUT

- Peeler
- 2 Baking sheets
- Large pan
- Paper towel
- Oil (8 tsp)
- Butter (2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 4-person

- |                      |          |
|----------------------|----------|
| • Sweet Potatoes     | 4        |
| • Pork Tenderloin    | 24 oz    |
| • Garlic             | 2 Cloves |
| • Thyme              | ½ oz     |
| • Green Beans        | 12 oz    |
| • Chicken Demi-Glace | 2        |
| • Honey              | 1 oz     |

## HELLO WINE



PAIR WITH

Maison Bonheur Beaujolais, 2016

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## 1 ROAST SWEET POTATOES

**Wash and dry all produce.** Adjust rack to middle position and preheat oven to 425 degrees. Peel **sweet potatoes**, then cut into ½-inch cubes. Toss with a large drizzle of **oil** and a pinch of **salt** and **pepper** on one half of a baking sheet. Roast in oven until tender and lightly browned, 20-25 minutes total (we'll add more to the sheet after 10 minutes).



## 4 ROAST PORK

Once **pork** is browned, transfer to another baking sheet. Roast in oven until cooked to desired doneness, 8-12 minutes. Let rest a few minutes after removing from oven.



## 2 SEAR PORK AND PREP

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **pork** dry with a paper towel and season all over with **salt** and **pepper**. Add to pan and sear, turning occasionally, until browned all over, 6-8 minutes. Meanwhile, mince **garlic**. Strip **1 TBSP thyme** leaves from stems. **TIP:** Short on time for thyme? Skip stripping it.



## 5 MAKE GLAZE

Lower heat under pan to medium and add a large drizzle of **oil**. Add **garlic** and **thyme**. Cook until fragrant, about 30 seconds. (**TIP:** If you didn't strip the thyme, add the whole sprigs to the pan, but remove before serving.) Stir in **demi-glace**, **1 cup water**, and **honey**, scraping up any browned bits from bottom. Simmer until reduced by half, 3-4 minutes. Add **2 TBSP butter** and stir to melt. Season with **salt** and **pepper**.



## 3 ROAST GREEN BEANS

After **sweet potatoes** have roasted 10 minutes, remove from oven and give them a toss, keeping toward one side of sheet. Add **green beans**, a large drizzle of **oil**, and a pinch of **salt** and **pepper** to other side and toss. Return sheet to oven and roast until green beans are lightly crisped, about 15 minutes.



## 6 FINISH AND SERVE

Thinly slice **pork**. Divide **green beans** and **sweet potatoes** between plates, then top with pork. Drizzle with **glaze** and serve.

## FRESH TALK

If the kids were in charge of dinner for a night, what would they cook?

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