



HONEY-GLAZED PORK TENDERLOIN

with Roasted Sweet Potatoes and Green Beans



HELLO

CHICKEN DEMI-GLACE

The secret to creating an ultra-luxe pan sauce

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 580



Sweet Potatoes



Garlic



Green Beans



Pork Tenderloin



Chicken Demi-Glace
(Contains: Milk)



Honey

START STRONG

If you're in a hurry, you can skip peeling the sweet potatoes. Just make sure to scrub them well.

BUST OUT

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

INGREDIENTS

Ingredient 4-person

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

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1 PREHEAT OVEN AND ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 425 degrees. Peel **sweet potatoes**, then dice 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.



4 COOK PORK

Heat a large drizzle of **oil** in a medium pan over medium-high heat. Pat **pork** dry with a paper towel, then season all over with **salt** and **pepper**. Add to pan and sear until surface is nicely browned, 3-4 minutes per side. Transfer to another baking sheet and roast in oven until cooked to desired doneness, 8-12 minutes.



2 PREP

Mince or grate **garlic**. Trim any woody ends from **green beans**.



5 MAKE GLAZE

Heat a large drizzle of **oil** in same pan over medium heat. Add **garlic**. Toss until fragrant, about 30 seconds. Stir in **demi-glace**, **1 cup water**, and **1 TBSP honey** (we sent more). Scrape up any browned bits from bottom of pan. Simmer until reduced by about half, 3-4 minutes. Add **2 TBSP butter** and stir until melted. Season with **salt** and **pepper**.



3 ROAST GREEN BEANS

After **sweet potatoes** has roasted 10 minutes, remove from oven and toss, keeping cubes 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 SERVE

Let **pork** rest 2-3 minutes after removing from oven, then thinly slice. Divide **green beans** and **sweet potatoes** between plates, then top with pork. Drizzle with **glaze** and serve.

HOME RUN!

A classic dish like this is a guaranteed hit.