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Honey-Glazed Pork Tenderloin

with Caramelized Sweet Potatoes and Crispy Green Beans

The sweet and savory combination of honey, thyme, and chicken stock makes for a delectable glaze over juicy pork tenderloin. Roasted sweet potatoes and crispy roasted green beans complete this seasonal plate.



30 min



level 1



nut free



gluten free



Pork Tenderloin



Honey



Thyme



Chicken Stock Concentrate



Sweet Potato



Green Beans



Garlic

Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Honey	½ jar	1 jar
Thyme	¼ oz	½ oz
Chicken Stock Concentrate	1	2
Sweet Potato	12 oz	24 oz
Green Beans	6 oz	12 oz
Garlic	2 cloves	4 cloves
Butter*	1 T	2 T
Oil*	1 T + 1 t	2 T + 2 t

*Not Included

Allergens

1) Milk

Tools

2 Baking Sheets,
Peeler, Medium Pan

Ruler

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Nutrition per person Calories: 604 cal | Fat: 19 g | Sat. Fat: 6 g | Protein: 41 g | Carbs: 68 g | Sugar: 32 g | Sodium: 370 mg | Fiber: 8 g

Make sure to wash and dry produce before prepping or cooking!

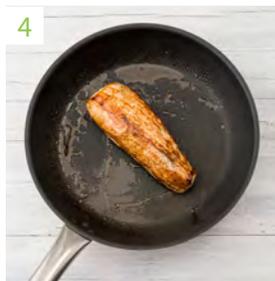


1 Roast the potatoes: Preheat the oven to 400 degrees. Peel and dice the **sweet potato** into ½-inch cubes. Toss the cubes on one side of a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Place them in the oven for 20-25 minutes, tossing halfway through, cooking until golden brown.



2 Prep the remaining ingredients: Mince or grate the **garlic**. Strip the **thyme** leaves off the stems and roughly chop. Trim the **green beans**.

3 Crisp the green beans: After the **sweet potatoes** have cooked for about 10 minutes, place the **green beans** on the other side of the baking sheet and toss with a drizzle of **olive oil**. Season with **salt** and **pepper**. Return to the oven for about 15 minutes, until the green beans are golden brown and crispy.



4 Cook the pork: Heat a drizzle of **oil** in a medium pan over medium-high heat. Pat dry the **pork** with a paper towel. Season the pork on all sides with **salt** and **pepper**, then sear it for 3-4 minutes per side, until golden brown. Transfer the pork to another baking sheet and place in the oven to finish cooking for 8-12 minutes, until cooked to desired doneness. Remove the baking sheet from the oven and let the **pork tenderloin** rest for 2-3 minutes before thinly slicing.



5 Make the honey glaze: Heat another drizzle of **oil** over medium heat in the same pan you used for the **pork**. Add the **garlic** and **thyme** and cook, tossing, for about 30 seconds, until fragrant. Add the **honey**, **½ cup water**, and the **chicken stock concentrate**, scraping up any browned bits from the bottom of the pan. Bring to a simmer for 2-3 minutes, until thickened and reduced by ¾. Swirl in the **butter** and season with **salt** and **pepper**.

6 Finish and plate: Plate a bed of **crispy green beans** and **caramelized sweet potatoes**, then top with the sliced **pork tenderloin**. Drizzle with the **honey glaze** and enjoy!