



Cal Smart Honey-Thyme Pork with Roasted Potatoes and Broccoli

Calorie Smart

35 Minutes



Pork Tenderloin



Yellow Potato



Broccoli, florets



Garlic, cloves



Thyme



Chicken Broth Concentrate



Honey



Dijon Mustard

HELLO THYME

This woody herb packs a fragrant and savoury punch!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Yellow Potato	300 g	600 g
Broccoli, florets	227 g	454 g
Garlic, cloves	1	2
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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Roast potatoes

Cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stems. Add **potatoes**, **half the thyme** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange **potatoes** in a single layer. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min.



Roast pork and broccoli

Toss **broccoli** with **1 tsp oil** (dbl for 4 ppl) on the other side of the baking sheet with **pork**. Season with **salt** and **pepper**. Roast **pork and broccoli** in the **top** of the oven until **broccoli** is tender and **pork** is cooked through, 16-20 min.**



Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Cut **pork** into **2 equal pieces** (4 pieces for 4 ppl). Pat dry with paper towels, then season with **salt** and **pepper**.



Make sauce

Heat the same pan (from step 3) over medium. When hot, add **1 tsp oil** (dbl for 4 ppl), then **garlic** and **remaining thyme**. Cook, stirring often, until fragrant, 30 sec. Stir in **¼ cup water** (dbl for 4 ppl), **honey**, **broth concentrate** and **Dijon**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **pepper**.



Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min. Remove the pan from heat. Transfer **pork** to one side of another unlined baking sheet. Set aside.



Finish and serve

Thinly slice **pork**. Divide **pork**, **potatoes** and **broccoli** between plates. Drizzle **honey-thyme sauce** over **pork**.

Dinner Solved!