



NOV
2016

Honey-Glazed Pork Tenderloin

with Caramelized Sweet Potatoes and Green Beans

It's autumn, and we're cooking with pork. So naturally, our chefs decided to experiment with a honey, thyme, and chicken stock glaze instead. It's thick, sweet, and irresistible when drizzled on the juicy pork tenderloins.



Prep: 10 min
Total: 35 min



level 1



nut free



gluten free



Sweet Potatoes



Garlic



Pork Tenderloin



Green Beans



Dried Thyme



Chicken Stock Concentrates



Honey

Ingredients

Sweet Potatoes	24 oz
Garlic	2 Cloves
Pork Tenderloin	24 oz
Green Beans	12 oz
Dried Thyme	1 tsp
Chicken Stock Concentrates	2
Honey	1 TBSP
Butter*	2 TBSP
Oil*	8 tsp

4 People

*Not Included

Allergens

1) Milk

Tools

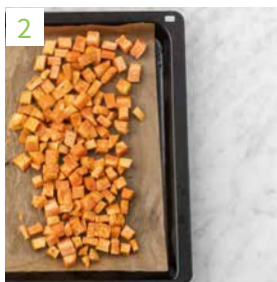
Peeler, 2 Baking sheets, Medium pan

Nutrition per person Calories: 502 cal | Fat: 20 g | Sat. Fat: 9 g | Protein: 36 g | Carbs: 46 g | Sugar: 14 g | Sodium: 610 mg | Fiber: 8 g



1

1 Preheat and prep: Wash and dry all produce. Preheat oven to 425 degrees. Peel and dice **sweet potatoes** into ½-inch cubes (**TIP:** Skip peeling to save time.) Mince **garlic**.



2

2 Roast the sweet potatoes: Toss **sweet potatoes** on a baking sheet with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Roast about 12 minutes, toss, then finish roasting until golden brown, another 12-13 minutes.

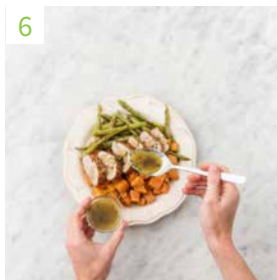


5

3 Sear the pork: Heat a large drizzle of **oil** in a medium pan over medium-high heat. Season **pork tenderloin** on all sides with **salt** and **pepper**. Sear until golden brown all around but not yet cooked through, 2-3 minutes per side.

4 Roast the green beans and pork: Trim long-stemmed ends of **green beans**. Spread on a baking sheet, and toss with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Place **pork tenderloin** in center of baking sheet. Roast until pork is cooked to desired doneness and green beans are tender, about 12 minutes.

5 Make the glaze: Heat a large drizzle of **oil** in same pan over medium heat. Add **garlic** and **thyme**, and toss until fragrant, about 30 seconds. Add **chicken stock concentrates**, **1 cup water**, and **1 TBSP honey**. Scrape up any browned bits from bottom of pan. Simmer until thickened and reduced by ¾, 3-4 minutes. Swirl in **2 TBSP butter**. Season with **salt** and **pepper**.



6

6 Serve: (TIP: Let pork rest 5 minutes before slicing to keep all the juices inside.) Thinly slice **pork tenderloin**. Plate a bed of **green beans** and **sweet potatoes**, then top with pork. Drizzle with **glaze** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

