



HONEY-GLAZED PORK

with Roasted Sweet Potato and Green Beans

FAMILY



HELLO GLAZE

The combination of honey, thyme and chicken broth makes for a delectable glaze over juicy pork



Pork Tenderloin



Sweet Potato, cubes



Green Beans, trimmed



Garlic



Thyme



Chicken Broth Concentrate



Honey

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 568

BUST OUT

- 2 Baking Sheets
- Butter **2 (4 tbsp)**
- Measuring Spoons
- Salt and Pepper
- Garlic Press
- Olive or Canola oil
- Large Non-Stick Pan
- Measuring Cups

INGREDIENTS

4-person

- Pork Tenderloin **680 g**
- Sweet Potato, cubes **680 g**
- Green Beans, trimmed **340 g**
- Garlic **20 g**
- Thyme **10 g**
- Chicken Broth Concentrate **2**
- Honey **3 tbsp**

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 160°F.



START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes, green beans and pork). Start prepping when the oven comes up to temperature!



1 ROAST SWEET POTATOES

Wash and dry all produce.* On a parchment-lined baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown and tender, 20-22 min.



4 ROAST GREEN BEANS

Meanwhile, on another baking sheet, toss the **green beans** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until the green beans are tender, 10-12 min. Meanwhile, mince or grate the **garlic**. Strip **1 tbsp thyme leaves** off the stems.



2 SEAR PORK

Meanwhile, pat the **pork tenderloins** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Sear until golden-brown all over, 2-3 min per side.



5 MAKE GLAZE

Heat the same pan over medium heat. Add a drizzle of **oil**, then the **garlic** and **thyme**. Cook until fragrant, 1-2 min. Add the **broth concentrates**, **1 3/4 cup water** and **honey**. Stir, scraping up any browned bits from the bottom of pan. Simmer until slightly thickened, 4-5 min. Remove the pan from the heat and stir in **4 tbsp butter**. Season with **salt** and **pepper**.



3 ROAST PORK

Transfer the **pork** to the baking sheet with the **potatoes**. Roast in the centre of the oven until the pork is cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 160°F, as size may vary.**)



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **sweet potatoes** and **green beans** between plates. Top with the pork and drizzle with the **glaze**.

ROASTED!

Roasted veggies is one of the easiest ways to add flavour to a dish!

