



HONEY-GLAZED PORK TENDERLOIN

with Roasted Sweet Potatoes and Green Beans



HELLO

SWEET POTATOES

Bring your A game to the dinner table: this tasty tuber is a great source of vitamin A.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 560



Sweet Potatoes



Garlic



Green Beans



Honey



Pork Tenderloin



Dried Thyme



Chicken Stock Concentrates

START STRONG

In a hurry? Skip peeling the sweet potatoes (just make sure to give them a good scrub). The skins will also bring additional nutrients when left on.

BUST OUT

- Peeler
- 2 Baking sheets
- Medium pan
- Paper towel
- Vegetable oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 2-person | 4-person

- Sweet Potatoes 2 | 4
- Pork Tenderloin 12 oz | 24 oz
- Garlic 1 Clove | 2 Cloves
- Green Beans 6 oz | 12 oz
- Dried Thyme 1 tsp | 1 tsp
- Chicken Stock Concentrates 2 | 4
- Honey ½ oz | 1 oz

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST SWEET POTATOES

Wash and dry all produce. Adjust rack to middle position and preheat oven to 425 degrees. Peel **sweet potatoes** and cut into ½-inch cubes. Toss with a 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 (we'll add more to the sheet after 10 minutes).



4 ROAST PORK

Once **pork** is browned, transfer to a separate baking sheet. Roast in oven to desired doneness, 8-12 minutes.



2 SEAR PORK AND PREP

Meanwhile, heat a drizzle of **oil** in a medium pan over medium-high heat. Pat **pork** dry with a paper towel. Season all over with **salt** and **pepper**. Cook, turning occasionally, until browned all over, 6-8 minutes. While pork cooks, mince **1 clove garlic** (use the other as you like).



5 MAKE GLAZE

Heat a drizzle of **oil** in pan used for pork over medium heat. Add **garlic** and **thyme**. Cook until fragrant, about 30 seconds. Stir in **stock concentrates**, **honey**, and ¼ **cup water**. Scrape up any browned bits on bottom of pan. Simmer until reduced by half, 3-4 minutes. Add **1 TBSP butter** and stir to melt. Season with **salt** and **pepper**. **TIP:** If glaze seems stiff, stir in a splash or two of water.



3 ROAST GREEN BEANS

Once **sweet potatoes** have roasted 10 minutes, remove from oven and toss, keeping toward one side of sheet. Add **green beans** to other side and toss with a drizzle of **oil** and a pinch of **salt** and **pepper**. Return sheet to oven and roast until both veggies are tender, 10-15 minutes.



6 FINISH AND SERVE

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

HOME RUN!

A classic dish like this is a guaranteed hit.

Share your #HelloFreshPics with us! | (646) 846-3663 [HelloFresh.com](https://www.hellofresh.com) | hello@hellofresh.com