



Honey-Thyme Pork Tenderloin with Roasted Potatoes and Broccoli

Carb Smart

35 Minutes



Pork Tenderloin



Yellow Potato



Broccoli, florets



Garlic



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

Baking sheet, 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	3 g	6 g
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
Dijon Mustard	½ tbsp	1 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 our meal kit labels for the most current allergen information.

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

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Roast potatoes

Cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stem. Add **potatoes, half the thyme** and **1 tbsp oil** to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange evenly into a single layer. Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet. Roast in the middle and bottom of the oven, rotating sheets halfway through.)



Roast pork and broccoli

Toss **broccoli** with **1 tsp oil** (dbl for 4ppl) 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, 14-16 min.**



Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Cut **pork** into **two equal pieces** (four 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 heat. 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 pan from heat. Transfer **pork** to one side of another 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!