



SEP
2016

Roasted Pork

with Balsamic Fig Sauce, Green Beans, and Rosemary Potatoes

You've likely come across figs baked into desserts, dried and nestled onto cheese platters, or preserved and slathered on toast for breakfast. But today, we're mixing things up by pairing fig jam with tangy balsamic. The result? A sweet and savory sauce that'll transform the tender pork it's drizzled on top of.



Prep: 10 min
Total: 30 min



level 1



nut
free



gluten
free



Pork
Tenderloin



Yukon
Potatoes



Green
Beans



Shallot



Balsamic
Vinegar



Chicken Stock
Concentrate



Fig
Jam



Rosemary

Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Green Beans	6 oz	12 oz
Shallot	1	2
Balsamic Vinegar	2 T	4 T
Chicken Stock Concentrate	1	2
Fig Jam	1 T	2 T
Rosemary	¼ oz	½ oz
Butter*	1 T	2 T
Oil*	4 t	8 t

*Not Included

Allergens

1) Milk

Tools

2 Baking sheets,
Large pan

Nutrition per person Calories: 526 cal | Fat: 17 g | Sat. Fat: 6 g | Protein: 46 g | Carbs: 49 g | Sugar: 14 g | Sodium: 291 mg | Fiber: 8 g

1



1 Prep: Wash and dry all produce. Preheat the oven to 450 degrees. Halve, peel, and finely chop the **shallot**. Strip the **rosemary** from the stems and finely chop the **leaves**. Cut the **potatoes** into ½-inch cubes.

2



2 Roast the potatoes: Toss the **potatoes** on a baking sheet with a drizzle of **oil**, **half the rosemary**, and a pinch of **salt** and **pepper**. Place in the oven for about 20 minutes, tossing halfway through, until golden brown and tender.

3



3 Cook the pork and green beans: Meanwhile, heat a drizzle of **oil** in a large pan over medium heat. Season the **pork** on all sides with **salt** and **pepper**. Sear 2-3 minutes per side, until golden brown all around. Transfer to another baking sheet. Toss the **green beans** on the same baking sheet with a drizzle of **oil** and a pinch of **salt** and **pepper**. Place in the oven to finish cooking for about 10 minutes, until the pork is just barely pink in the center and the green beans are tender.

4



4 Make the balsamic fig sauce: In the same pan you cooked the **pork** in, heat a drizzle of **oil** over medium heat. Add the **shallot** and remaining **rosemary**. Cook, tossing, for 2-3 minutes, until softened. Add the **fig jam**, **stock concentrate**, **¼ cup water**, and **2 Tablespoons balsamic vinegar** to the pan. Stir to combine. Simmer 2-3 minutes, until thickened. Remove pan from heat and stir in **1 Tablespoon butter**. Season with **salt** and **pepper**.

5 Slice the pork: Remove the **pork** from the oven. Let rest a few minutes before thinly slicing.

6 Plate: Serve the **rosemary potatoes** and **green beans** alongside the **roasted pork**. Drizzle the **balsamic fig sauce** over the pork and enjoy!

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