



# ROASTED PORK TENDERLOIN

with Lemony Potatoes and Zucchini



## HELLO

### LEMONY POTATOES

A squeeze of citrus adds instant sunshine to tender roasted spuds.



Yukon Gold Potatoes



Garlic



Zucchini



Pork Tenderloin



Red Onion



Lemon



Cilantro



Chicken Demi-Glace  
(Contains: Milk)

**PREP: 10 MIN** | **TOTAL: 30 MIN** | **CALORIES: 520**

## START STRONG

Don't forget to turn the pork periodically as it sears in the pan. You want to brown it on all sides, which will ensure that the meat cooks evenly and is perfectly delicious throughout.

## BUST OUT

- 2 Baking sheets
- Large pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient 2-person | 4-person

- Yukon Gold Potatoes 12 oz | 24 oz
- Red Onion 1 | 2
- Garlic 2 Cloves | 2 Cloves
- Lemon 1 | 1
- Zucchini 1 | 2
- Cilantro ¼ oz | ¼ oz
- Pork Tenderloin 12 oz | 24 oz
- Chicken Demi-Glace 1 | 2

## HELLO WINE



PAIR WITH  
Cierzo Spanish Tempranillo, 2016

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

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## 1 ROAST POTATOES

Wash and dry all produce. Adjust rack to upper position and preheat oven to 450 degrees. Cut **potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until tender and crisped, about 25 minutes, tossing halfway through.



## 4 ROAST PORK AND VEGGIES

Transfer **pork** to baking sheet with **onion** and **zucchini**. Roast in oven until veggies are tender and pork is cooked to desired doneness, 12-15 minutes. Let pork rest 5 minutes after removing from oven. **TIP:** If veggies finish cooking first, remove from sheet and return pork to oven.



## 2 PREP

Halve and peel **onion**, then chop into ½-inch pieces. Mince or grate **garlic**. Halve **lemon**. Halve **zucchini** lengthwise, then slice into ½-inch-thick half-moons. Roughly chop **cilantro**. Toss onion and zucchini on another baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.



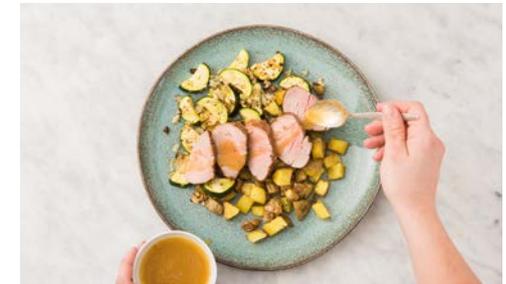
## 5 MAKE PAN SAUCE

Meanwhile, lower heat under pan used for pork to medium and add **garlic** and **1 TBSP butter**. Once butter is melted and garlic is fragrant, 1-2 minutes later, stir in **demi-glace** and ½ **cup water**, scraping up any browned bits from bottom of pan. Simmer until slightly reduced, 3-4 minutes. Remove pan from heat. Season with **pepper** and a squeeze of **lemon**.



## 3 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook, turning occasionally, until browned all over, about 10 minutes total.



## 6 PLATE AND SERVE

Divide **potatoes**, **onion**, and **zucchini** between plates. Season with **salt** and **pepper**. Drizzle with a squeeze or two of **lemon**. Slice **pork**, then arrange on top of potatoes and veggies. Drizzle with **pan sauce** and garnish with **cilantro**.

## SOUR POWER!

Just add lemon to take dinner above and beyond.

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