



SEARED PORK TENDERLOIN

with Green Beans, Roasted Potatoes and Tarragon Sauce

FAMILY



HELLO TARRAGON

A fragrant, leafy, anise-flavoured herb that's a favourite in French cooking



Pork Tenderloin



Yellow Potato



Tarragon



Green Beans, trimmed



Chicken Broth Concentrate



Sour Cream



All-Purpose Flour

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 499

BUST OUT

- 2 Baking Sheets
- Paper Towel
- Large Bowl
- Measuring Cups
- Measuring Spoons
- Whisk
- Large Non-Stick Pan
- Butter **2 (3 tbsp)**
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Pork Tenderloin 680 g
- Yellow Potato 680 g
- Tarragon 10 g
- Green Beans, trimmed 340 g
- Chicken Broth Concentrate 2
- Sour Cream **2** 6 tbsp
- All-Purpose Flour **1** 1/2 tbsp

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, 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
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to roast the potatoes and finish the pork). Remove the butter from the fridge and let it soften to room temperature. Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce.* Cut **potatoes** into 1-inch pieces. On a baking sheet, toss **potatoes** with **2 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, until **potatoes** are golden and tender, 25-28 min. Meanwhile, strip **tarragon leaves** from the stems and roughly chop. Pat **pork** dry with paper towels, then season with **salt** and **pepper**.



4 MAKE SAUCE

Reduce the heat to medium. Add **1 tbsp room temp. butter** to the same pan, then sprinkle over **1/2 tbsp flour**. Whisk together until a thick paste forms. Whisk in **1/4 cup water, broth concentrates** and **tarragon**. Simmer, scraping up any browned bits on the bottom of pan, until **sauce** starts to thicken, 2-3 min. Remove pan from heat and whisk in **sour cream**.



2 COOK PORK

Heat a large non-stick pan over medium-high heat. When pan is hot, add **1 tbsp oil**, then **pork**. Sear, turning **pork** occasionally, until golden all over, 6-8 min per side. Remove pan from heat. Transfer **pork** to another baking sheet. Roast in the top of the oven, until **pork** is golden and cooked through, 14-16 min. (**TIP:** Cook to a min. internal temp. of 71°C/160°F, as size may vary.**)



5 FINISH VEGGIES

Add the **roasted potatoes** and **2 tbsp room temp. butter** to the large bowl with the **green beans**. Toss together until the **butter** melts. Season with **salt** and **pepper**.



3 COOK BEANS

Meanwhile, heat the same pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **green beans**. Cook, stirring occasionally, until the **beans** are tender-crisp, 5-6 min. Season with **salt** and **pepper**. Transfer the **beans** to a large bowl and cover to keep warm. Set aside.



6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **pork** and **green bean-potato mixture** between plates. Drizzle the **tarragon sauce** over the **pork**.

TRIUMPH!

Classic pork and potatoes guarantees dinnertime success.



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