

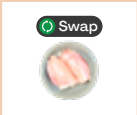


Smart Italian Roasted Pork Tenderloin

with Garlicky Cannellini Beans

Smart Meal

30 Minutes



Chicken Thighs
280 g | 560 g

Customized Protein **+** Add **↻** Swap or **×2** Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Pork Tenderloin
340 g | 680 g



Cannellini Beans
1 | 2



Italian Seasoning
½ tbsp | 1 tbsp



Baby Tomatoes
113 g | 227 g



Baby Spinach
56 g | 113 g



Garlic, cloves
2 | 4



Shallot
1 | 2



Parsley
7 g | 14 g



Chicken Broth Concentrate
2 | 4



Garlic Salt
1 tsp | 2 tsp



Sweet Bell Pepper
1 | 2



All-Purpose Flour
½ tbsp | 1 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Pantry items | Oil, unsalted butter, salt, pepper

Cooking utensils | 2 baking sheets, large non-stick pan, measuring cups, measuring spoons, paper towels, small bowl

1



Prep and cook pork

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

[Swap](#) | [Chicken Thighs](#)

- Pat **pork** dry with paper towels. Season with **1 tsp** (2 tsp) **Italian Seasoning**, **¼ tsp** (½ tsp) **garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min. Remove the pan from heat.
- Transfer **pork** to an unlined baking sheet. Roast in the **bottom** of the oven, turning once halfway through, until cooked through, 14-16 min.**

4



Make sauce

- Meanwhile, add **½ tbsp** (1 tbsp) **butter** to the same pan (used in step 1), then swirl to melt.
- Add **half the shallots** and **half the flour** (use all for 4 ppl). Cook, stirring constantly, until **shallots** are tender and coated, 1 min.
- Add **chicken broth concentrate** and **½ cup** (⅔ cup) **water**. Cook, stirring often, until slightly thickened, 1 min. Season with **pepper**.
- Transfer to a small bowl, cover to keep warm. Set aside.

2



Prep

- Meanwhile, core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Roughly chop **parsley**.

5



Cook beans

- Add **½ tbsp** (1 tbsp) **butter** to the same pan (used in step 1) over medium, then swirl the pan to melt.
- Add **remaining shallots** and **garlic**. Cook, stirring often, until fragrant and softened, 1-2 min.
- Add **¼ tsp** (½ tsp) **garlic salt**, **2 tbsp** (4 tbsp) **water** and **beans with liquid**. Cook, stirring occasionally, until slightly thickened and well combined, 4-5 min.
- Remove from heat. Add **half the parsley** and **spinach**. Stir until **spinach** is wilted, 1 min. Season with **salt** and **pepper**, to taste.

3



Roast veggies

- Add **peppers, tomatoes**, **½ tbsp** (1 tbsp) **oil**, **¼ tsp** (½ tsp) **garlic salt** and **½ tsp** (1 tsp) **Italian Seasoning** to an unlined baking sheet. Toss to combine. Roast in the **middle** of the oven, stirring halfway through, until tender, 12-14 min.

6



Finish and serve

- Add **any remaining tenderloin juices** from the baking sheet to the **pan sauce**.
- Thinly slice **tenderloin**.
- Divide **beans** between plates.
- Top with **pork**, then drizzle over **pan sauce**.
- Sprinkle over **remaining parsley**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

1 | Prep and cook chicken

[Swap](#) | [Chicken Thighs](#)

If you've opted to get **chicken thighs**, season in the same way the recipe instructs you to season the **pork**. Sear 1-2 min per side, until golden-brown. Roast in the **bottom** of the oven on an unlined baking sheet for 8-10 min, until cooked through.** Follow the rest of the recipe as written.

** Cook pork and chicken to minimum internal temperatures of 71°C/160°F and 74°C/165°F, respectively.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.