



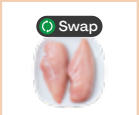
Cal Smart Honey-Thyme Pork

with Roasted Potatoes and Broccoli

Smart Meals

Protein Plus

35 Minutes



Chicken
Breasts
2 | 4

Customized Protein

+ Add

Swap

or

x2 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](https://www.hellofresh.ca)



Pork Tenderloin
340 g | 680 g



Yellow Potato
300 g | 600 g



Broccoli
227 g | 454 g



Garlic, cloves
1 | 2



Thyme
7 g | 7 g



Chicken Broth
Concentrate
1 | 2



Dijon Mustard
1 tbsp | 2 tbsp



Honey
1 | 2

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 | Salt, pepper, oil

Cooking utensils | 2 Baking sheets, large non-stick pan, measuring cups, measuring spoons, parchment paper, paper towels

1



Roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Remove any brown spots from **potatoes**, then cut into ½-inch pieces. Strip **thyme leaves** from stems.
- To a parchment-lined baking sheet, add **potatoes**, **half the thyme** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Arrange **potatoes** in a single layer.
- Roast in the **middle** of the oven for 25-28 min, flipping halfway through, until golden and tender.

4



Roast pork and broccoli

- Roast **pork** and **broccoli** in the **top** of the oven for 10-12 min, until **broccoli** is tender and **pork** is cooked through.**

2



Prep

- Meanwhile, cut **broccoli** into bite-sized pieces.
- Peel, then mince or grate **garlic**.
- To one side of an unlined baking sheet, add **broccoli**, **1 tbsp** (2 tbsp) **water** and **1 tsp** (2 tsp) **oil**. (**TIP**: Adding water helps the broccoli steam while it roasts.) Season with **salt** and **pepper**, then toss to coat. Set aside.

5



Make sauce

- When **pork** is almost done, reheat the same pan (from step 3) over medium.
- When hot, add **1 tsp** (2 tsp) **oil**, then **garlic** and **remaining thyme**. Cook 30 sec, stirring often, until fragrant.
- Stir in ¼ **cup** (½ cup) **water**, **honey**, **broth concentrate** and **Dijon**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min.
- Season with **pepper**, to taste.

3



Sear pork

🔄 Swap | **Chicken Breasts**

- Heat a large non-stick pan over medium-high.
- While the pan heats, pat **pork** dry with paper towels. On a separate cutting board, if applicable, cut **pork** crosswise so you have 2 equal pieces (4 pieces for 4 servings). Season with **salt** and **pepper**.
- When the pan is hot, add **1 tsp** (2 tsp) **oil**, then **pork**. Sear 4-6 min, turning occasionally, until golden.
- Remove the pan from heat. Transfer **pork** to the other side of the baking sheet with **broccoli**.

6



Finish and serve

- When **pork** is done, transfer to a cutting board.
- Thinly slice **pork**.
- Stir any **pork resting juices** into **sauce**.
- Divide **pork**, **potatoes** and **broccoli** between plates.
- Drizzle **honey-thyme sauce** over **pork**.

Measurements within steps **1 tbsp** (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Sear chicken

🔄 Swap | **Chicken Breasts**

If you've opted to get **chicken breasts**, heat a large non-stick pan over medium-high. While the pan heats, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Sear 1-2 min per side, until golden. Remove the pan from heat. Transfer **chicken** to the other side of the baking sheet with **broccoli**. Increase roast time to 12-14 min, until **chicken** is cooked through.**

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