



# Cal Smart Honey-Thyme Pork

with Roasted Potatoes and Broccoli

Calorie Smart

35 Minutes



Pork Tenderloin



Yellow Potato



Broccoli, florets



Garlic



Thyme



Chicken Broth Concentrate



Honey



Dijon Mustard

HELLO THYME

*This woody herb packs a fragrant and savoury punch!*

## Start here

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

## Bust out

2 Baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Yellow Potato	300 g	600 g
Broccoli, florets	227 g	454 g
Garlic	3 g	6 g
Thyme	7 g	7 g
Chicken Broth Concentrate	1	2
Honey	1 tbsp	2 tbsp
Dijon Mustard	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## 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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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## Roast potatoes

Cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stems. Add **potatoes**, **half the thyme** and **1 tbsp oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange evenly into a single layer. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Roast in the **middle** of the oven, flipping halfway through, until golden-brown, 25-28 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Roast pork and broccoli

Toss **broccoli** with **1 tsp oil** (dbl for 4 ppl) on the other side of the baking sheet with **pork**. Season with **salt** and **pepper**. Roast **pork** and **broccoli** in the **top** of the oven until **broccoli** is tender and **pork** is cooked through, 14-16 min.\*\*



## Prep

While **potatoes** roast, cut **broccoli** into bite-sized pieces. Peel, then mince or grate **garlic**. Cut **pork** into **2 equal pieces** (4 pieces for 4 ppl). Pat dry with paper towels, then season with **salt** and **pepper**.



## Make sauce

Heat the same pan (from step 3) over medium. When hot, add **1 tsp oil** (dbl for 4 ppl), then **garlic** and **remaining thyme**. Cook, stirring often, until fragrant, 30 sec. Stir in **¼ cup water** (dbl for 4 ppl), **honey**, **broth concentrate** and **Dijon**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **pepper**.



## Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min. Remove the pan from heat. Transfer **pork** to one side of another unlined baking sheet. Set aside.



## Finish and serve

Thinly slice **pork**. Divide **pork**, **potatoes** and **broccoli** between plates. Drizzle **honey-thyme sauce** over **pork**.

## Dinner Solved!