



Cal Smart Honey-Thyme Pork

with Roasted Potatoes and Brussels Sprouts

Calorie Smart

35 Minutes



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Pork Tenderloin



Chicken Breasts



Yellow Potato



Brussels Sprouts



Garlic, cloves



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, parchment paper measuring cups, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Chicken Breasts*	2	4
Yellow Potato	300 g	600 g
Brussels Sprouts	170 g	340 g
Garlic, cloves	1	2
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 pork to a minimum internal temperature of 71°C/160°F and poultry to a minimum internal temperature of 74°C/165°F, as size may vary.

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

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.

Contact

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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** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Arrange **potatoes** in a single layer.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 25-28 min.



Roast pork and Brussels sprouts

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

Roast **chicken** in the same way the recipe instructs you to roast the **pork tenderloin**.****(TIP:** If chicken is done before Brussels sprouts are tender, transfer chicken to a cutting board to rest, then continue to roast Brussels sprouts.) Thinly slice and plate **chicken** in the same way as the **pork** in step 6.



Prep

- Meanwhile, halve **Brussels sprouts** (if larger, quarter them).
- Peel, then mince or grate **garlic**.
- Add **Brussels sprouts**, **1 tbsp water** and **1 tsp oil** (dbl both for 4 ppl) to one side of an unlined baking sheet. **(TIP:** Adding water helps the Brussels sprouts steam while they roast!) Season with **salt** and **pepper**, then toss to coat. Set aside.



Make sauce

- When **pork** is almost done, reheat 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**, to taste.



Sear pork

- Heat a large non-stick pan over medium-high heat.
- While the pan heats, pat **pork** dry with paper towels. On a separate cutting board, if applicable, cut **pork** crosswise into **2 equal pieces** (4 pieces for 4 ppl). Season with **salt** and **pepper**.
- When the pan is 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 the other side of the baking sheet with **Brussels sprouts**.

If you've opted to get **chicken breasts**, leave **breasts** whole, then season and sear them in the same way the recipe instructs you to season and sear the **pork tenderloin**.



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 **Brussels sprouts** between plates.
- Drizzle **honey-thyme sauce** over **pork**.

Dinner Solved!