

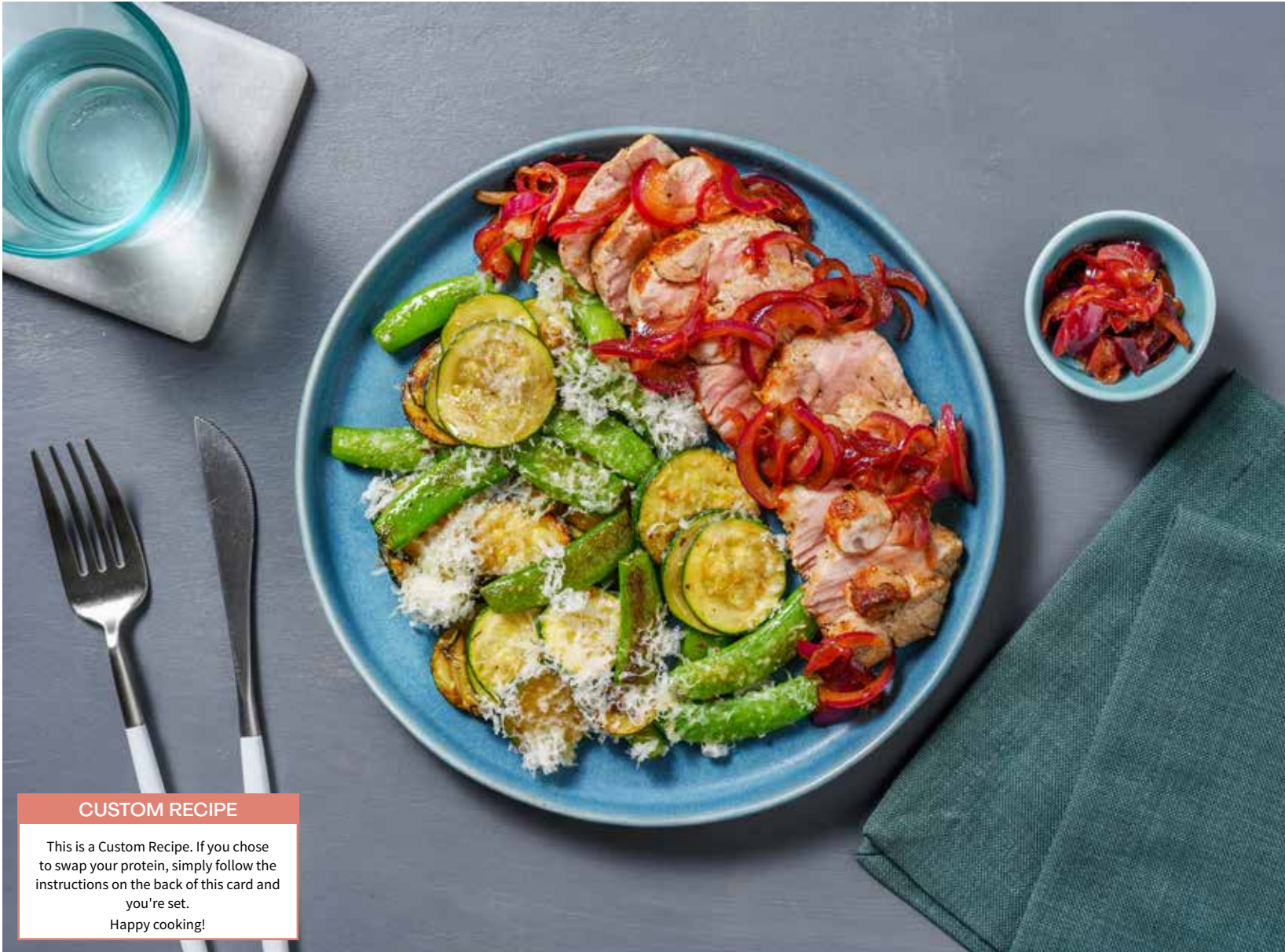


Carb Smart Pork Tenderloin

with Balsamic Onions and Parmesan Veggies

Carb Smart

35 Minutes



Pork Tenderloin



Chicken Breasts



Sugar Snap Peas



Zucchini



Red Onion



Balsamic Vinegar



Garlic Salt



Parmesan Cheese, shredded

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!

Start here

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

Bust out

Baking sheet, measuring spoons, small bowl, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Chicken Breasts*	2	4
Sugar Snap Peas	113 g	227 g
Zucchini	200 g	400 g
Red Onion	113 g	226 g
Balsamic Vinegar	1 tbsp	2 tbsp
Garlic Salt	2 tsp	4 tsp
Parmesan Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook pork to a minimum internal temperature of 71°C/160°F and chicken to an 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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Prep

- Trim **snap peas**.
- Cut **zucchini** into ¼-inch rounds.
- Peel, then cut **onion** into ¼-inch slices.



Roast pork and veggies

- Place **pork** next to **veggies** on the same baking sheet.
- Roast **pork** and **veggies** in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 12-16 min.**
- When **pork** and **veggies** are done, carefully remove the baking sheet from the oven, then transfer **pork** to a clean cutting board to rest for 5 min.
- Sprinkle **Parmesan** over **veggies**, then return to the oven. Roast until **Parmesan** melts, 2-3 min.

Roast **chicken** and **veggies** as instructed, decreasing roast time to 8-10 min for **chicken****



Season veggies

- Add **snap peas, zucchini, half the garlic salt** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet.
- Season with **pepper**, then toss to combine.
- Arrange in a single layer and set aside.



Cook balsamic onions

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Season with **salt** and **pepper**. Cook, stirring often, until dark golden-brown, 4-7 min.
- Stir in **vinegar** and **2 tbsp water** (3 tbsp for 4 ppl). (**TIP:** Add a pinch of sugar to the onions, if desired.) Cook, stirring often, until combined, 1-2 min.
- Transfer **onions** to a small bowl, then cover to keep warm.



Prep and sear pork

- Pat **pork** dry with paper towels, then cut crosswise into **2** equal pieces. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min. (**NOTE:** Pork will finish cooking in step 4.)

If you've opted to add **chicken breasts**, do not cut **chicken breasts**. Follow all other instructions, decreasing sear time to 1-2 min for **chicken**.



Finish and serve

- Thinly slice **pork**.
- Divide **pork and veggies** between plates.
- Spoon **balsamic onions** over **pork**.

Dinner Solved!