



# HONEY-GLAZED PORK

with Roasted Sweet Potato and Green Beans

FAMILY



## HELLO GLAZE

The combination of honey, thyme and chicken broth makes for a delectable glaze over juicy pork



Pork Tenderloin



Sweet Potato,  
cubes



Green Beans,  
trimmed



Garlic



Thyme



Chicken Broth  
Concentrate



Honey

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 568

## BUST OUT

- 2 Baking Sheets
- Butter **2 (4 tbsp)**
- Measuring Spoons
- Salt and Pepper
- Garlic Press
- Olive or Canola oil
- Large Non-Stick Pan
- Measuring Cups

## INGREDIENTS

4-person

- Pork Tenderloin **680 g**
- Sweet Potato, cubes **680 g**
- Green Beans, trimmed **340 g**
- Garlic **20 g**
- Thyme **10 g**
- Chicken Broth Concentrate **2**
- Honey **3 tbsp**

## ALLERGENS | ALLERGÈNES

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.*

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.

\*\*Cuire jusqu'à une température interne minimale de 160°F.



## START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes, green beans and pork). Start prepping when the oven comes up to temperature!



### 1 ROAST SWEET POTATOES

**Wash and dry all produce.\*** On a parchment-lined baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown and tender, 20-22 min.



### 4 ROAST GREEN BEANS

Meanwhile, on another baking sheet, toss the **green beans** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven until the green beans are tender, 10-12 min. Meanwhile, mince or grate the **garlic**. Strip **1 tbsp thyme leaves** off the stems.



### 2 SEAR PORK

Meanwhile, pat the **pork tenderloins** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. Add a drizzle of **oil**, then the pork. Sear until golden-brown all over, 2-3 min per side.



### 5 MAKE GLAZE

Heat the same pan over medium heat. Add a drizzle of **oil**, then the **garlic** and **thyme**. Cook until fragrant, 1-2 min. Add the **broth concentrates**, **1 3/4 cup water** and **honey**. Stir, scraping up any browned bits from the bottom of pan. Simmer until slightly thickened, 4-5 min. Remove the pan from the heat and stir in **4 tbsp butter**. Season with **salt** and **pepper**.



### 3 ROAST PORK

Transfer the **pork** to the baking sheet with the **potatoes**. Roast in the centre of the oven until the pork is cooked through, 10-12 min. (**TIP:** Cook to a minimum internal temp. of 160°F, as size may vary.\*\*)



### 6 FINISH AND SERVE

Thinly slice the **pork**. Divide the **sweet potatoes** and **green beans** between plates. Top with the pork and drizzle with the **glaze**.

## ROASTED!

Roasted veggies is one of the easiest ways to add flavour to a dish!

