



More than Food

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Honey-Glazed Pork Tenderloin

with Caramelized Sweet Potatoes and Green Beans

The sweet and savoury combination of honey, thyme, and chicken broth makes for a delectable glaze over juicy pork tenderloin. Roasted sweet potatoes and green beans complete this delicious plate.

Prep: 30 min

level 1

nut free

gluten free



Pork Tenderloin



Honey



Thyme



Chicken Broth Concentrate



Sweet Potatoes



Green Beans



Garlic

Ingredients

	4 People
Pork Tenderloin	2
Honey	1 jar
Thyme	1 pkg
Reduced Sodium Chicken Broth Concentrate	2 pkgs
Sweet Potato	2
Green Beans, trimmed	1
Garlic	4 cloves
Butter*	1) 2 tbsp
Oil*	2 tbsp + 2 tsp

*Not Included

Allergens

1) Milk/Lait

Tools

2 Baking Sheets,
Peeler, Medium Pan

Nutrition per person Calories: 604 cal | Fat: 19 g | Sat. Fat: 6 g | Protein: 41 g | Carbs: 68 g | Sugar: 32 g | Sodium: 370 mg | Fiber: 8 g

Ruler
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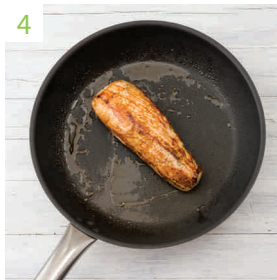


1 Roast the potatoes: Preheat the oven to 400°F. **Wash and dry all produce.** Peel (if desired) and dice the **sweet potatoes** into 1/2-inch cubes. Toss the cubes on one side of a baking sheet with a large drizzle of **oil** and season with **salt** and **pepper**. Place them in the oven for 10 minutes.



2 Prep: Mince or grate the **garlic**. Strip **2 tbsp thyme** leaves off the stems.

3 Bake the green beans: After the **sweet potatoes** have baked for 10 minutes, arrange the **green beans** on the other side of the baking sheet and toss with a large drizzle of **oil**. Season with **salt** and **pepper**. Return to the oven for about 15 minutes, until the green beans and sweet potatoes are golden brown.



4 Cook the pork: Heat a large drizzle of **oil** in a medium pan over medium-high heat. Pat dry the **pork** with a paper towel. Season the pork on all sides with **salt** and **pepper**, then sear it for 3-4 minutes per side, until golden brown. Transfer the pork to another baking sheet and place in the oven to finish cooking for 8-12 minutes, until cooked to desired doneness. (**TIP:** Inserting a thermometer into the cooked pork should display an internal temperature of 160°F.) Remove the baking sheet from the oven and let the **pork tenderloin** rest for 2-3 minutes before thinly slicing.



5 Make the honey glaze: Heat another large drizzle of **oil** over medium heat in the same pan you used for the **pork**. Add the **garlic** and **thyme** and cook, tossing, for about 30 seconds, until fragrant. Add the **honey**, **1 cup water**, and the **chicken broth concentrate**, scraping up any browned bits from the bottom of the pan. Bring to a simmer for 4-6 minutes, until thickened and saucy. Swirl in the **butter** and season with **salt** and **pepper**.

6 Plate: Plate a bed of **green beans** and **caramelized sweet potatoes**, then top with the sliced **pork tenderloin**. Drizzle with the **honey glaze** and enjoy!