



# ROASTED PORK AND POTATOES

with Golden Zucchini Sticks and Lemon-Thyme Pan Sauce



## HELLO LEMON-THYME

This lemon-scented herb delivers both citrusy and woody flavour



Pork Tenderloin



Zucchini



Lemon-Thyme



Chicken Broth Concentrate



Yukon Potato



All-Purpose Flour



Onion, chopped

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 363



## BUST OUT

- Baking Sheet
- Butter **2 (1 tbsp)**
- Measuring Spoons
- Salt and Pepper
- Large Non-Stick Pan
- Olive or Canola oil
- Measuring Cups

## INGREDIENTS

4-person

- Pork Tenderloin 680 g
- Zucchini 454 g
- Lemon-Thyme 10 g
- Chicken Broth Concentrate 1
- Yukon Potato 680 g
- All-Purpose Flour **1** 1 tbsp
- Onion, chopped 56 g

## 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 soja, 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 **450°F** (to roast the potatoes and pork). Start prepping when the oven comes up to temperature!



### 1 ROAST POTATOES

Wash and dry all produce.\* Strip **4 tsp lemon-thyme leaves** from the stems. Cut the **potatoes** into ½-inch cubes. On a baking sheet, toss the potatoes and **1 tsp** lemon-thyme with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until the potatoes are golden-brown, 25-28 min.



### 4 COOK ZUCCHINI

Meanwhile, cut the **zucchini** into quarters, lengthwise. You should have 8 long strips in total. Cut them in half. Heat the same pan over high heat. Add a drizzle of **oil**, then the zucchini. Cook until the bottoms are dark golden-brown, 2 min. Flip the pieces over. Cover and cook until dark golden-brown, 2-3 min. Transfer to a plate.



### 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. Pan-fry until golden-brown all over, 2-3 min per side.



### 5 MAKE SAUCE

Reduce the heat to medium. Add the **onions**, **1 tbsp butter** and **remaining lemon-thyme** to the same pan. Cook until the onions soften, 4-5 min. Sprinkle over the **flour** and stir, 1 min. Add the **broth concentrate** and **½ cup water**. Cook, stirring together, scraping up any browned bits on the bottom of the pan, 1 min. 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 temperature of 160°F, as size may vary.\*\*)



### 6 FINISH AND SERVE

Thinly slice the **pork**. Divide the pork, **potatoes** and **zucchini sticks** between plates. Drizzle with the **pan sauce**.

## SUCCESS!

A simple, buttery pan sauce really brings this dish to the next level.