

HELLO Spinach and Cheese-Topped Pork Tenderloin

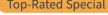
with Oven Potatoes and Buttered Beans

Top-Rated Special

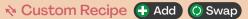
40 Minutes



boneless 340 g | 680 g









If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🦫







340 g | 680 g









Russet Potato 2 | 4



170 g | 340 g



Cheese, shredded 1/2 cup | 1 cup

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. Cooking utensils | Baking sheet, measuring spoons, large bowl, parchment paper, measuring cups, large non-stick pan, 8x8-inch baking dish, paper towels



Prep and roast potatoes

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.
- Trim green beans.
- Peel, then mince or grate garlic.
- Cut potatoes into 1-inch pieces.
- Add potatoes and 1 tbsp (2 tbsp) oil to a parchment-lined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, tossing halfway through, until golden-brown, 25-28 min.



Make topping

- Heat a large non-stick pan over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil then spinach. Cook, stirring often, until spinach wilts, 2-3 min.
- Remove the pan from heat.
- Add cream cheese, cheddar cheese, wilted spinach and garlic to a large bowl.
- Using a fork, mash topping together until combined. Season with salt and pepper.
 Set aside.



Swap | Pork Chops

- Pat **pork** dry with paper towels, then season with **salt** and **pepper**.
- Cut into 1 ½-inch-thick medallions.
- Reheat the same pan over medium-high.
 When hot, add 1 tbsp (2 tbsp) oil, then pork.
 (NOTE: For 4 ppl, cook pork in batches, using 1 tbsp oil per batch.)
- Sear, turning occasionally, until browned all over, 4-5 min.



Assemble and roast pork

- Transfer **pork** to an 8x8-inch baking dish (9x13-inch for 4 ppl).
- Top with spinach-cheese topping.
- Roast in the top of the oven until cheese is golden-brown and pork is cooked through, 8-10 min.**



Cook green beans

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add green beans and
 ½ cup (½ cup) water. Cook, stirring occasionally, until water evaporates, 4-5 min.
- Add 2 tbsp (4 tbsp) butter. Cook, stirring often, until butter melts and green beans are tender-crisp, 1 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

 Divide spinach and cheese-topped pork, potatoes and green beans between plates.



1 tbsp (2 tbsp)

p) oil

3 | Sear pork chops

O Swap | Pork Chops

If you've opted to get **pork chops**, no need to cut them into medallions. Season and cook them in the same way the recipe instructs you to season and cook the **pork tenderloin**.

