



Spinach and Cheese-Topped Pork Tenderloin with Oven Potatoes and Buttered Beans

Top-Rated Special 40 Minutes



Pork Chops, boneless
340 g | 680 g

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Pork Tenderloin
340 g | 680 g



Baby Spinach
56 g | 113 g



Cream Cheese
2 | 4



Garlic, cloves
2 | 4



Russet Potato
2 | 4



Green Beans
170 g | 340 g



White Cheddar
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.

Pantry items | Unsalted butter, salt, pepper, oil

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

1



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.

2



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.

3



Sear pork

[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.

4



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.**

5



Cook green beans

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **green beans** and **¼ 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.

6



Finish and serve

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

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

3 | Sear pork chops

[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**.

** Cook to a minimum internal temperature of 71°C/160°F, as size may vary.



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