



More than Food

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## Glazed Pork Tenderloin

with Caramelized Sweet Potato and Crispy Green Beans

The sweet and savory combination of maple syrup, thyme, and chicken stock makes for a delectable glaze over juicy pork tenderloin. Roasted sweet potatoes and crispy green beans complete this seasonal plate.



30 min



level 1



nut  
free



Pork  
Tenderloin



Maple Syrup



Thyme



Chicken Stock  
Concentrate



Sweet Potato



Green Beans



Garlic

## Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Maple Syrup	1 T	2 T
Thyme	¼ oz	½ oz
Chicken Stock Concentrate	1	2
Sweet Potato	12 oz	24 oz
Green Beans	6 oz	12 oz
Garlic	2 cloves	4 cloves
Butter*	1 T	2 T
Oil*	1 T + 1 t	2 T + 2 t

\*Not Included

## Allergens

1) Milk

## Tools

Baking Sheet, Peeler, Medium Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 538 cal | Carbs: 50 g | Fat: 19 g | Protein: 41 g | Fiber: 8 g | Sodium: 371 mg

Make sure to wash and dry produce before prepping or cooking!



**1 Roast the sweet potato:** Preheat the oven to 400 degrees. Peel and dice the **sweet potato** into ½-inch cubes. Toss the sweet potato on one side of a baking sheet with a drizzle of **olive oil** and season with **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.



**2 Prep the ingredients:** Mince or grate the **garlic**. Strip the **thyme** leaves off the stems and roughly chop. Trim the **green beans**.

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



**4 Cook the pork:** Heat a drizzle of **oil** in a medium pan over medium-high heat. Season the **pork tenderloin** on all sides with **salt** and **pepper**. Sear the **pork tenderloin** 3-4 minutes per side, until golden brown all around. Transfer the **pork tenderloin** to the baking sheet in the oven to finish cooking for 6-8 minutes, until cooked to desired doneness.



**5 Make the glaze:** Heat another drizzle of **oil** over medium heat in the same pan you cooked the **pork** in. Add the **garlic** and **thyme** and cook, tossing, about 30 seconds, until fragrant. Add the **maple syrup** and **chicken stock concentrate**, and **1/2 cup water**, scraping up any browned bits from the bottom of the pan. Bring to a simmer for 2-3 minutes, until thickened and reduced by 3/4. Remove the pan from the heat and stir in **1 Tablespoon butter**, and season with **salt** and **pepper**.

**6** Remove the baking sheet from the oven and let the **pork tenderloin** rest for 2-3 minutes before thinly slicing.

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