



MAY
2016

Roasted Pork Tenderloin with Lemony Potato & Zucchini Hash

We love a crispy potato hash, but hate messy stovetop frying. In this recipe, we're roasting the potatoes in the oven before tossing them into the skillet with zucchini. A touch of lemon takes this dish over the top!



Prep: 10 min
Total: 30 min



level 1



nut
free



gluten
free



dairy
free



Pork Tenderloin



Yukon Potatoes



Lemon



Scallions



Garlic



Zucchini



Cilantro

Ingredients

	2 People	4 People
Pork Tenderloin	12 oz	24 oz
Yukon Potatoes	12 oz	24 oz
Lemon	1	2
Scallions	2	4
Garlic	2 Cloves	4 Cloves
Zucchini	1	2
Cilantro	¼ oz	½ oz
Olive Oil*	1T	2T

*Not Included

Allergens

None

Tools

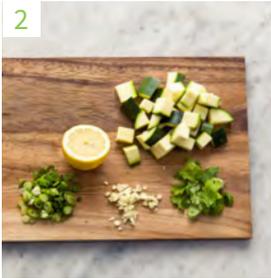
2 Baking sheets, Large pan

Ruler

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Nutrition per person Calories: 421 cal | Fat: 11g | Sat. Fat: 2g | Protein: 42g | Carbs: 41g | Sugar: 6g | Sodium: 116mg | Fiber: 8g

2



1 Roast the potatoes: Wash and dry all produce. Preheat the oven to 450 degrees. Dice the **potatoes** into ½-inch cubes. Toss the potatoes on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven for 20-25 minutes, tossing halfway through cooking, until golden brown.

3



2 Prep the remaining ingredients: Dice the **zucchini** into ½-inch cubes. Trim the ends of the **scallions**, then thinly slice. Mince the **garlic**. Pick the **cilantro** leaves off the stems. Halve the **lemon**, cutting one half into wedges.

3 Cook the pork: Pat dry the **pork** with a paper towel. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season the pork on all sides with **salt** and **pepper**. Add the pork to the pan and sear for 2-3 minutes per side, until golden brown all around. Place onto a baking sheet in the oven to finish cooking for 12-15 minutes, until cooked to desired doneness.

4



4 Start the hash: With about 5 minutes left to go on the **pork**, heat another drizzle of **olive oil** in the same pan over medium-high heat. Add the **garlic**, **scallions**, and **zucchini** to the pan and cook, tossing for 4-5 minutes, until softened and slightly golden brown.

5



5 Finish the hash: Once the **pork** is finished, set aside to rest for 5 minutes. Add the **potatoes** to the pan with the **zucchini** and toss with a squeeze of **lemon**. Season to taste with **salt** and **pepper**.

6 Plate and serve: Slice the **pork** and serve on a bed of **lemony potato and zucchini hash**. Serve with a wedge of **lemon**, sprinkle with the **cilantro leaves**, and enjoy!

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