



CRANBERRY DIJON PORK TENDERLOIN

with Mashed Potatoes & Roasted Green Beans

INGREDIENTS

2 PERSON | 4 PERSON



12 oz | 24 oz
Potatoes*



6 oz | 12 oz
Green Beans



1 | 1
Lemon



1 Thumb | 1 Thumb
Ginger



¼ oz | ¼ oz
Rosemary



10 oz | 20 oz
Pork Tenderloin



3 TBSP | 6 TBSP
Sour Cream
Contains: Milk



1 | 2
Cranberry Jam



1 | 2
Chicken Stock
Concentrate



2 tsp | 4 tsp
Dijon Mustard



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THERE TOO. SCAN HERE TO GET HELP!

*The ingredient you received may be a different color.



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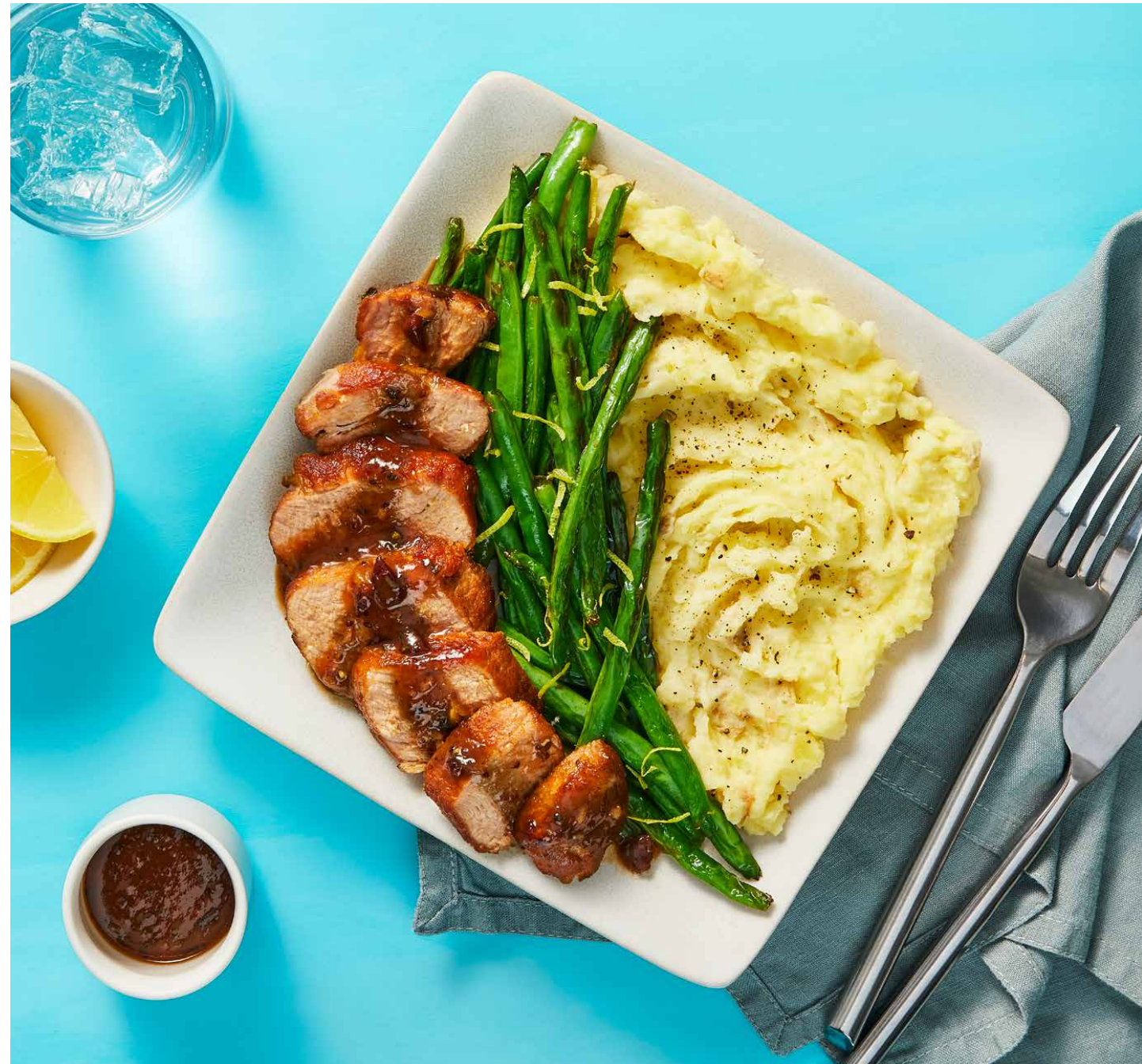
2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz
Chicken Cutlets

Calories: 610



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 610



HELLO

CRANBERRY DIJON SAUCE

Sweet-tart cranberry jam and zingy Dijon mustard pair up to give pork some flavorful oomph.

TURN IT UP

Don't forget to turn the pork periodically as it sears in the pan. Browning it on all sides ensures that the meat cooks evenly and develops a tasty crust.

BUST OUT

- Zester
- Paper towels
- Medium pot
- Large pan
- Strainer
- Baking sheet
- Potato masher
- Large bowl
- Kosher salt
- Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Butter (2 TBSP | 4 TBSP)
Contains: Milk

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1 PREP

- Adjust rack to middle position (**middle and top positions for 4 servings**) and preheat oven to 450 degrees. **Wash and dry produce.**
- Dice **potatoes** into ½-inch pieces. Trim **green beans** if necessary. Zest and quarter **lemon**. Peel and mince or grate **ginger** until you have 1 tsp (**2 tsp for 4**). Pick **rosemary leaves** from stems; mince leaves until you have 1 tsp.



4 ROAST PORK & BEANS

- Toss **green beans** in a large bowl with a **drizzle of oil, salt, and pepper**. Spread out on opposite side of sheet from **pork**. (**For 4 servings, toss green beans on a second sheet; roast pork on middle rack and green beans on top rack.**)
- Roast on middle rack until pork is cooked through and green beans are tender, 10-12 minutes.
- Transfer pork to a cutting board to rest. Carefully toss green beans with **lemon zest**.

- Skip roasting chicken; spread green beans across entire sheet.



2 MAKE MASHED POTATOES

- Place **potatoes** in a medium pot with enough **salted water to cover by 2 inches**. Bring to a boil and cook until tender, 15-20 minutes.
- Reserve **½ cup potato cooking liquid**, then drain and return potatoes to pot. Mash with **sour cream** and **1 TBSP butter** (**2 TBSP for 4 servings**) until smooth and creamy, adding splashes of reserved potato cooking liquid as needed. Season with **salt and pepper**.
- Keep covered off heat until ready to serve.



5 MAKE SAUCE

- Heat a **drizzle of oil** in pan used for pork over medium-high heat. Add **minced ginger** and **minced rosemary**; cook until fragrant, 30 seconds.
- Stir in **jam, stock concentrate, mustard,** and **¼ cup water** (**½ cup for 4 servings**). Simmer until slightly thickened, 2-3 minutes.
- Remove from heat; stir in **1 TBSP butter** (**2 TBSP for 4**) until melted.



3 SEAR PORK

- While potatoes cook, pat **pork*** dry with paper towels and season all over with **salt and pepper**.
- Heat a **drizzle of oil** in a large pan over medium-high heat. Add pork and sear, turning occasionally, until browned all over, 4-8 minutes (**it'll finish cooking in the next step**).
- Turn off heat; transfer pork to one side of a baking sheet. (**For 4 servings, spread pork out across entire sheet.**) Wipe out pan.

- Swap in **chicken*** for pork. Cook until browned and cooked through, 3-5 minutes per side. (**No need to transfer to a baking sheet!**)



6 FINISH & SERVE

- Slice **pork** crosswise.
- Divide pork, **mashed potatoes,** and **green beans** between plates. Drizzle pork with **sauce**. Serve with **lemon wedges** on the side.
- Slice **chicken** crosswise.

*Pork is fully cooked when internal temperature reaches 145°.

*Chicken is fully cooked when internal temperature reaches 165°.