



HONEY-GLAZED PORK TENDERLOIN

with Roasted Sweet Potatoes and Green Beans



HELLO

ROASTED GREEN BEANS

One of our favorite ways to add depth and crispiness to this classic green veg

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 560



Sweet Potatoes



Green Beans



Dried Thyme



Honey



Garlic



Pork Tenderloin



Chicken Stock Concentrates

START STRONG

Thyme's herby flavor may be a bit strong for younger eaters. Feel free to add it to taste or leave it out completely to make the sauce friendlier to all.

BUST OUT

- Peeler
- 2 Baking sheets
- Large pan
- Paper towels
- Vegetable oil (8 tsp)
- Butter (2 TBSP)
(Contains: Milk)

INGREDIENTS

Ingredient 4-person

- | | |
|------------------------------|----------|
| • Sweet Potatoes | 4 |
| • Pork Tenderloin | 24 oz |
| • Garlic | 2 Cloves |
| • Green Beans | 12 oz |
| • Dried Thyme | 1 tsp |
| • Chicken Stock Concentrates | 4 |
| • Honey | 1 oz |

WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



1 ROAST SWEET POTATOES

Adjust rack to middle position and preheat oven to 425 degrees. **Wash and dry all produce.** Peel **sweet potatoes**, then cut into ½-inch cubes. Toss with a large drizzle of **oil** and a pinch of **salt** and **pepper** on one half of a baking sheet. Roast in oven until tender and lightly browned, 20-25 minutes total (we'll add more to the sheet after 10 minutes).



4 ROAST PORK

Once **pork** is browned, transfer to a separate baking sheet. Roast in oven until cooked to desired doneness, 8-12 minutes. Let rest a few minutes after removing from oven.



2 SEAR PORK AND PREP

Heat a large drizzle of **oil** in a large pan over medium-high heat. Pat **pork** dry with paper towels and season all over with **salt** and **pepper**. Add to pan and sear, turning occasionally, until browned all over, 6-8 minutes. Meanwhile, mince **garlic**.



5 MAKE GLAZE

Lower heat under pan used for pork to medium and add a large drizzle of **oil**. Add **garlic** and **thyme**. Cook until fragrant, about 30 seconds. Stir in **stock concentrates**, **honey**, and ½ **cup water**, scraping up any browned bits from bottom. Simmer until reduced by half, 3-4 minutes. Add **2 TBSP butter** and stir to melt. Season with **salt** and **pepper**.



3 ROAST GREEN BEANS

Once **sweet potatoes** have roasted 10 minutes, remove from oven and give them a toss, keeping toward one side of sheet. Add **green beans** to other side and toss with a large drizzle of **oil** and a pinch of **salt** and **pepper**. Return sheet to oven and roast until veggies are tender, about 15 minutes.



6 FINISH AND SERVE

Thinly slice **pork**. Divide pork, **green beans**, and **sweet potatoes** between plates. Drizzle pork with **glaze** and serve. **TIP:** If glaze seems stiff, stir in a splash or two of water first.

FRESH TALK

If the kids were in charge of dinner for a night, what would they cook?

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