










HONEY-GLAZED PORK TENDERLOIN

with Roasted Sweet Potatoes and Green Beans



HELLO
CHICKEN DEMI-GLACE
 The secret to creating an ultra-tasty pan sauce

PREP: 10 MIN | **TOTAL: 35 MIN** | **CALORIES: 590**

- 
Sweet Potatoes
- 
Green Beans
- 
Dried Thyme
- 
Honey
- 
Garlic
- 
Pork Tenderloin
- 
Chicken Demi-Glace
(Contains: Milk)

START STRONG

Thyme has an herby flavor that may be a bit strong for younger eaters. Feel free to add it to taste or leave it out completely if you prefer.

BUST OUT

- Peeler
- 2 Baking sheets
- Large pan
- Paper towel
- 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 Demi-Glace | 2 |
| • Honey | 1 oz |

HELLO WINE



PAIR WITH
Ça Roule? Beaujolais, 2016

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1 ROAST SWEET POTATOES

Wash and dry all produce. Preheat oven to 425 degrees. 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 another 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 a paper towel 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 to medium and add a large drizzle of **oil**. Add **garlic** and **thyme**. Cook until fragrant, about 30 seconds. Stir in **demi-glace**, **1 cup water**, and **honey**. Scrape up any browned bits from bottom of pan. 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

After **sweet potatoes** have roasted 10 minutes, remove from oven and toss, keeping cubes toward one side of sheet. Add **green beans**, a large drizzle of **oil**, and a pinch of **salt** and **pepper** to other side and toss. Return sheet to oven and roast until green beans are lightly crisped, about 15 minutes.



6 FINISH AND SERVE

Thinly slice pork. Divide **green beans** and **sweet potatoes** between plates, then top with pork. Drizzle with **glaze** and serve.

FRESH TALK

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

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