



OCT
2016

Roasted Pork Tenderloin with Lemony Potato and Zucchini Hash

It's pretty safe to say that if potatoes are involved, kids will be happy. In this dish, we skip the messy stovetop frying in favor of roasting diced potatoes with zucchini. Once you quickly sear the pork, toss that in the oven, too!



Prep: 15 min
Total: 35 min



level 1



nut
free



gluten
free



Pork
Tenderloin



Yukon
Potatoes



Zucchini



Lemon



Scallions



Garlic



Chicken Stock
Concentrates

Ingredients

	4 People
Pork Tenderloin	20 oz
Yukon Potatoes	24 oz
Zucchini	2
Lemon	1
Scallions	4
Garlic	2 Cloves
Chicken Stock Concentrates	2
Butter* 1)	2 T
Olive Oil*	2 T

*Not Included

Allergens

1) Milk

Tools

2 Baking sheets,
Large pan

Nutrition per person Calories: 450 cal | Fat: 15 g | Sat. Fat: 6 g | Protein: 45 g | Carbs: 38 g | Sugar: 6 g | Sodium: 294 mg | Fiber: 7 g



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



2 Prep the remaining ingredients: Thinly slice the **scallion whites** (save the greens for another use). Mince the **garlic**. Halve the **lemon**. Dice the **zucchini** into ½-inch cubes.



3 Roast the zucchini: Toss the **zucchini** on another baking sheet with the **garlic**, a large drizzle of **olive oil**, and a large pinch of **salt** and **pepper**. Bake 15 minutes, tossing once, until golden brown.



4 Cook the pork: Heat a large drizzle of **olive oil** in a large pan over high heat. Season the **pork tenderloin** on all sides with **salt** and **pepper**. Add to the pan. Sear 2 minutes per side, rotating to brown on all sides, until golden brown all around. Transfer to the baking sheet with the **zucchini** to finish cooking for 7-8 minutes, or until cooked to desired doneness. **TIP:** Use a paring knife to check for doneness in the thickest part of the pork. We like ours medium-well with just a hint of pink.

5 Make the pan sauce: Add the **scallion whites** and **2 Tablespoons butter** to the same pan over medium heat. Cook 1-2 minutes, until the butter is melted and the scallions are softened. Add the **chicken stock concentrates** and **1 cup water** to the pan. Scrape up any browned bits from the bottom. Simmer until slightly thickened, 3-4 minutes, then remove from heat. Season with **black pepper** and a squeeze of **lemon**.

6 Finish: Transfer the **potatoes** to the baking sheet with the **zucchini**, and toss with a squeeze of **lemon**. Taste and season with **salt** and **pepper**. Thinly slice the **pork tenderloin**, and serve on a bed of **potato and zucchini hash**. Drizzle with the **pan sauce** and enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics, and you'll be entered into our weekly photo contest!

