



# ROASTED PORK TENDERLOIN

with Lemony Potatoes and Zucchini



## HELLO

### LEMONY POTATOES

A squeeze of citrus adds instant sunshine to roasted spuds.

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 530



Yukon Gold Potatoes



Garlic



Zucchini



Pork Tenderloin



Yellow Onion



Lemon



Cilantro



Chicken Demi-Glace  
(Contains: Milk)



## START STRONG

Don't forget to turn the pork periodically as it sears in the pan. You want to brown it on all sides, which will ensure that the meat cooks evenly and develops a nice crust.

## BUST OUT

- 2 Baking sheets
- Paper towels
- Large pan
- Kosher salt
- Black pepper
- Olive oil (1 TBSP | 1 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Yellow Onion **1** | **1**
- Garlic **2 Cloves** | **2 Cloves**
- Lemon **1** | **1**
- Zucchini **1** | **2**
- Cilantro **¼ oz** | **¼ oz**
- Pork Tenderloin\* **12 oz** | **24 oz**
- Chicken Demi-Glace **1** | **2**

\* Pork is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.



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# HelloFRESH



## 1 ROAST POTATOES

Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until browned and tender, about 25 minutes.



## 2 PREP

Meanwhile, halve, peel, and dice **onion** into ½-inch pieces. Mince or grate **garlic**. Halve **lemon**. Trim and halve **zucchini** lengthwise; slice crosswise into ½-inch-thick half-moons. Roughly chop **cilantro**.



## 3 SEAR PORK

Pat **pork** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes total. Turn off heat.



## 4 ROAST PORK AND VEGGIES

Toss **onion** and **zucchini** on one side of a separate baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Transfer **pork** to opposite side of sheet. Roast on middle rack until veggies are tender and pork is cooked through, 12-15 minutes. Let pork rest 5 minutes after removing from oven. **TIP:** If veggies finish cooking first, remove from sheet and continue cooking pork.



## 5 MAKE PAN SAUCE

Meanwhile, melt **1 TBSP butter** (2 TBSP for 4 servings) in pan used for pork over medium heat. Add **garlic** and cook until fragrant, 1-2 minutes. Stir in **demi-glace** and **½ cup water** (1 cup for 4), scraping up any browned bits from bottom of pan. Simmer until slightly reduced, 3-4 minutes. Turn off heat. Season with **pepper** and a squeeze of **lemon juice**.



## 6 SERVE

Divide **potatoes**, **onion**, and **zucchini** between plates. Season with **salt** and **pepper**; top with a squeeze of **lemon juice** to taste. Slice **pork** crosswise, then arrange on top of potatoes and veggies. Drizzle with **pan sauce** and garnish with **cilantro**.

## SWITCH IT UP

We also love this dish sprinkled with fresh chives or parsley!

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