



ROASTED PORK TENDERLOIN

with Lemony Potatoes and Zucchini



HELLO

LEMONY POTATOES

A squeeze of citrus adds instant sunshine to tender roasted spuds.



Yukon Gold Potatoes



Garlic



Zucchini



Pork Tenderloin



Red Onion



Lemon



Cilantro



Chicken Demi-Glace
(Contains: Milk)

PREP: 10 MIN | **TOTAL: 30 MIN** | **CALORIES: 550**

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 is perfectly delicious throughout.

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
- Red Onion 1 | 2
- 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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1 ROAST POTATOES

Adjust rack 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, 20-25 minutes.



4 ROAST PORK AND VEGGIES

Transfer **pork** to baking sheet with **onion** and **zucchini**. Roast on middle rack until veggies are tender and pork is cooked through, 12-15 minutes. Let pork rest for 5 minutes after removing from oven. **TIP:** If veggies finish cooking first, remove from sheet and continue cooking pork.



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** leaves and stems. Toss **onion** and **zucchini** on one side of a second baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.



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** (¾ cup for 4), scraping up any browned bits from bottom of pan. Simmer until thickened, 3-4 minutes. Remove pan from heat. Season with **pepper** and a squeeze of **lemon juice** to taste.



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 (it'll finish cooking in the next step). Turn off heat.



6 SERVE

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

EXTRA MILE

Have some flaky sea salt on hand you've been dying to try? We love it sprinkled on these roasted veggies for a bright, crunchy pop.

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