



# ROASTED PORK TENDERLOIN

with Lemony Potatoes and Zucchini



## HELLO

### LEMONY POTATOES

A squeeze of citrus instantly perks up roasted potatoes

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



Yukon Gold Potatoes



Garlic



Zucchini



Pork Tenderloin



Red 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 it to brown on all sides so that the meat cooks evenly.

## BUST OUT

- 2 Baking sheets
- Large pan
- Olive oil (1 TBSP | 2 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               |

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## 1 PREHEAT OVEN AND ROAST POTATOES

**Wash and dry all produce.** Preheat oven to 450 degrees. Cut **potatoes** into ½-inch cubes. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast in oven until lightly browned and crisp, about 25 minutes.



## 4 ROAST PORK AND VEGGIES

Transfer **pork** to baking sheet with **onion** and **zucchini**. Roast in oven until pork is cooked to desired doneness, 12-15 minutes. Let pork rest 5 minutes after removing from oven. **TIP:** If veggies finish cooking first, remove from sheet and return pork to oven.



## 2 PREP

Halve, peel, and chop **onion** into ½-inch pieces. Mince or grate **garlic**. Cut **lemon** in half. Halve **zucchini** lengthwise, then chop into ½-inch-thick semicircles. Roughly chop **cilantro**. Toss onion and zucchini on another baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.



## 5 MAKE PAN SAUCE

Meanwhile, add **garlic** and **1 TBSP butter** to same pan over medium heat. Cook until butter is melted and garlic is fragrant, 1-2 minutes. Stir in **demi-glace** and ½ cup **water**. Scrape up any browned bits from bottom. Simmer until slightly reduced, 3-4 minutes. Remove pan from heat. Season with **pepper** and a squeeze of **lemon juice**.



## 3 COOK PORK

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Season **pork** all over with **salt** and **pepper**. Add to pan and cook, turning, until browned all over, about 10 minutes total.



## 6 FINISH

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

## SAVORY!

Pan sauces are an easy, tasty accompaniment to any seared meat.