



# Balsamic-Onion Pork Tenderloin with Parmesan Veggies

Carb Smart

35 Minutes



Pork Tenderloin



Red Onion



Zucchini



Green Beans



Balsamic Vinegar



Italian Seasoning



Garlic Salt



Parmesan Cheese,  
shredded

HELLO BALSAMIC VINEGAR

*A dark, slightly sweet and full-bodied flavoured vinegar originating in Italy!*

## Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

## Bust Out

Baking sheet, medium bowl, measuring spoons, small bowl, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Red Onion	113 g	226 g
Zucchini	200 g	400 g
Green Beans	170 g	340 g
Balsamic Vinegar	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Parmesan Cheese, shredded	¼ cup	½ cup
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

*Carb Smart (50g or less) is based on a per serving calculation of the recipe's carbohydrate amount.*

## Contact

Share your photos #HelloFreshLife  
Call or email us | (855) 272-7002  
hello@hellofresh.ca  
HelloFresh.ca



### 1 Prep

Trim **green beans**. Cut **zucchini** into ¼-inch rounds. Peel, then cut **onion** into ¼-inch slices. Combine **zucchini** and **¼ tsp salt** (dbl for 4 ppl) in a medium bowl. Set aside.



### 2 Prep and roast pork

Pat **pork** dry with paper towels. Cut into **two equal pieces**, crosswise. Season with **garlic salt** and **pepper**, then sprinkle with **half the Italian Seasoning**. Heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Cook, turning often, until golden-brown, 3-4 min. Transfer to a baking sheet and roast in the middle of the oven, until cooked through, 14-16 min.\*\*



### 3 Cook onions

While **pork** roasts, heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Season with **salt** and **pepper**. Cook, stirring often, until dark golden-brown, 6-8 min. Remove pan from heat, then stir in **vinegar**. Transfer **onions** to a small bowl. Cover to keep warm. Carefully rinse and wipe pan clean.



### 4 Cook veggies

Heat the same pan over medium-high heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green beans, zucchini** and **remaining Italian Seasoning**. Cook, stirring occasionally, until tender-crisp, 4-5 min. Season with **pepper**. Remove pan from the heat, then sprinkle **Parmesan** over top and toss to combine.



### 5 Finish and serve

Thinly slice **pork**. Divide **pork** and **veggies** between plates. Spoon **balsamic onions** over **pork**.

## Dinner Solved!