

Cal Smart Honey-Thyme Pork with Roasted Potatoes and Broccoli

Calorie Smart

35 Minutes









Broccoli, florets







Garlic, cloves

Chicken Broth Concentrate



Honey



Dijon Mustard

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, measuring cups, large non-stick pan, paper towels

Ingredients

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|------------------------------|----------|----------|
| | 2 Person | 4 Person |
| Pork Tenderloin | 340 g | 680 g |
| Yellow Potato | 300 g | 600 g |
| Broccoli, florets | 227 g | 454 g |
| Garlic, cloves | 1 | 2 |
| Thyme | 7 g | 7 g |
| Chicken Broth Concentrate | 1 | 2 |
| Honey | 1 tbsp | 2 tbsp |
| Dijon Mustard | 1 tbsp | 2 tbsp |
| Oil* | | |
| Salt and Pepper* | | |
| | | |

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

Allergens

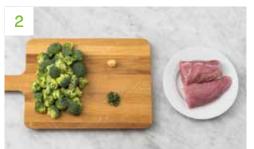
Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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



Roast potatoes

Cut **potatoes** into ½-inch pieces. Strip **thyme leaves** from stems. Add **potatoes**, **half the thyme** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange **potatoes** in a single layer. Roast in the **middle** of the oven, flipping halfway through, until goldenbrown, 25-28 min.



Prep

While **potatoes** roast, cut **broccoli** into bitesized pieces. Peel, then mince or grate **garlic**. Cut **pork** into **2 equal pieces** (4 pieces for 4 ppl). Pat dry with paper towels, then season with **salt** and **pepper**.



Sear pork

Heat a large non-stick pan over medium-high heat. When hot, add **1 tsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 4-6 min. Remove the pan from heat. Transfer **pork** to one side of another unlined baking sheet. Set aside.



Roast pork and broccoli

Toss **broccoli** with **1 tsp oil** (dbl for 4 ppl) on the other side of the baking sheet with **pork**. Season with **salt** and **pepper**. Roast **pork and broccoli** in the **top** of the oven until **broccoli** is tender and **pork** is cooked through, 16-20 min.**



Make sauce

Heat the same pan (from step 3) over medium. When hot, add **1 tsp oil** (dbl for 4 ppl), then **garlic** and **remaining thyme**. Cook, stirring often, until fragrant, 30 sec. Stir in **¼ cup water** (dbl for 4 ppl), **honey**, **broth concentrate** and **Dijon**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Season with **pepper**.



Finish and serve

Thinly slice **pork**. Divide **pork**, **potatoes** and **broccoli** between plates. Drizzle **honey-thyme sauce** over **pork**.

Dinner Solved!

Contact

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