



# Carb Smart Herby Pork Tenderloin with Beet Salad

Carb Smart

Quick

25 Minutes



Pork Tenderloin



Baby Spinach



White Wine Vinegar



Red Onion



Goat Cheese



Italian Seasoning



Beet



Garlic, cloves



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HELLO GOAT CHEESE

*Savory, tangy, creamy cheese that pairs perfectly with beets!*

## Start here

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

## Bust out

2 Baking sheets, medium bowl, vegetable peeler, measuring spoons, large bowl, parchment paper, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Baby Spinach	113 g	227 g
White Wine Vinegar	1 tbsp	2 tbsp
Red Onion	113 g	226 g
Goat Cheese	28 g	56 g
Italian Seasoning	1 tbsp	2 tbsp
Beet	226 g	454 g
Garlic, cloves	1	2
Sugar*	¼ tsp	½ tsp
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.*

## Contact

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## Roast beets

- Peel, then cut **beets** into ½-inch pieces. (TIP: We suggest using gloves when prepping beets!)
- Add **beets** and **½ tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast **beets** in the **middle** of the oven, stirring halfway through, until tender, 20-22 min.



## Make dressing

- Meanwhile, add **vinegar**, **remaining garlic**, **remaining Italian Seasoning**, **¼ tsp sugar** and **2 tbsp oil** (dbl both for 4 ppl) to a small bowl.
- Season with **salt** and **pepper**, then whisk to combine.



## Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Peel, then cut **onion** into 2-inch pieces.
- Toss together **onions**, **half the garlic** and **½ tbsp oil** (dbl for 4 ppl) in a medium bowl.
- Pat **pork** dry with paper towels. Season with **salt**, **pepper** and **half the Italian Seasoning**.



## Toss salad

- Add **roasted beets**, **spinach** and **half the dressing** to a large bowl.
- Season with **salt** and **pepper**, then toss to coat.



## Cook pork and onions

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min.
- Transfer **pork** to another parchment-lined baking sheet. Scatter **onions** around **pork**.
- Roast **pork** and **onions** in the **top** of the oven until **pork** is cooked through, 14-16 min.\*\*



## Finish and serve

- Thinly slice **pork**.
- Divide **beet salad** between plates. Top with **pork** and **onions**.
- Crumble **goat cheese** over top.
- Drizzle **remaining dressing** over **pork**.

## Dinner Solved!