



Carb Smart Pork Tenderloin

with Balsamic Onions and Parmesan Veggies

Carb Smart

35 Minutes



Pork Tenderloin



Broccoli, florets



Zucchini



Red Onion



Balsamic Vinegar



Garlic Salt



Parmesan Cheese, shredded

HELLO BALSAMIC VINEGAR

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

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Broccoli, florets	227 g	454 g
Zucchini	200 g	400 g
Red Onion	113 g	226 g
Balsamic Vinegar	1 tbsp	2 tbsp
Garlic Salt	2 tsp	4 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 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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1 Prep

- Cut **broccoli** into bite-sized pieces.
- Cut **zucchini** into ¼-inch rounds.
- Peel, then cut **onion** into ¼-inch slices.



4 Roast pork and veggies

- Nestle **pork** among **veggies** on the same baking sheet. (**NOTE:** For 4 ppl, divide pork between baking sheets.)
- Roast **pork** and **veggies** in the **middle** of the oven until **veggies** are tender and **pork** is cooked through, 14-16 min.** (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)
- When **pork** and **veggies** are done, carefully remove the baking sheet from the oven, then transfer **pork** to a clean cutting board to rest for 5 min.
- Sprinkle **Parmesan** over **veggies**, then return to the oven. Roast until **Parmesan** melts, 2-3 min.



2 Season veggies

- Add **broccoli**, **zucchini**, **half the garlic salt** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with one-quarter of the garlic salt and 1 tbsp oil per sheet.)
- Season with **pepper**, then toss to combine.
- Arrange in a single layer and set aside.



5 Cook balsamic onions

- Meanwhile, reheat the same pan (from step 3) over medium.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **onions**. Season with **salt** and **pepper**. Cook, stirring often, until dark golden-brown, 4-7 min.
- Stir in **vinegar** and **2 tbsp water** (3 tbsp for 4 ppl). Cook, stirring often, until combined, 1-2 min.
- Transfer **onions** to a small bowl, then cover to keep warm.



3 Prep and sear pork

- Pat **pork** dry with paper towels, then cut crosswise into **2 equal pieces**. Season with **remaining garlic salt** and **pepper**.
- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **pork**. Sear, turning occasionally, until golden-brown, 6-8 min. (**NOTE:** Pork will finish cooking in step 4.)



6 Finish and serve

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

Dinner Solved!