



Pork Tenderloin & Lemony Sauce

with Green Beans and Tomato Side Salad

Carb Smart

30 Minutes



Pork Tenderloin



Lemon



Green Beans



Chicken Broth Concentrate



Arugula and Spinach Mix



Italian Seasoning



Grape Tomatoes



Cornstarch

HELLO LEMON ZEST

An easy citrusy way to perk up any meal!

Start here

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

Bust Out

Baking sheet, measuring spoons, zester, large bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Pork Tenderloin	340 g	680 g
Lemon	1	1
Green Beans	170 g	340 g
Chicken Broth Concentrate	1	2
Arugula and Spinach Mix	56 g	113 g
Italian Seasoning	1 tbsp	2 tbsp
Grape Tomatoes	113 g	227 g
Cornstarch	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 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

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Prep

Trim, then halve **green beans**. Halve **tomatoes**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Pat **pork** dry with paper towels. Cut into two equal pieces, crosswise. Season with **salt** and **pepper**, then sprinkle with **half the Italian Seasoning**.



Cook green beans

Heat the same pan (from step 2) over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **green beans, remaining Italian Seasoning** and **3 tbsp water** (dbl for 4 ppl). Cook, stirring occasionally, until tender-crisp and **liquid** is absorbed, 5-7 min. Season with **salt** and **pepper**. Remove pan from heat, then transfer **green beans** to a plate and cover to keep warm.



Roast pork

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.**



Make sauce

Whisk together **¾ cup water** (dbl for 4 ppl), **broth concentrate, cornstarch** and **lemon zest** in the same pan. Heat over medium heat. and bring to a gentle boil. Cook, whisking often, until **sauce** is slightly thickened, 2-3 min. Season with **salt** and **pepper**.



Make dressing

While **pork** roasts, whisk together **½ tbsp lemon juice** and **1 tbsp oil** (dbl both for 4 ppl) in a large bowl. Season with **salt** and **pepper**.



Finish and serve

Add **tomatoes** and **arugula and spinach mix** to the large bowl with **dressing**. Toss to combine, then season with **salt** and **pepper**. Thinly slice **pork**. Divide **pork, green beans** and **salad** between plates. Spoon **sauce** over pork. Squeeze over a **lemon wedge**, if desired.

Dinner Solved!