



THYME DEMI-GLACE PORK

with Roasted Sweet Potato and Green Beans

FAMILY



HELLO SAUCY

The combination of brown sugar, thyme and chicken demi-glacé makes for a delectable sauce over juicy pork

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 474



Pork Tenderloin



Sweet Potato, cubes



Green Beans, trimmed



Garlic



Thyme



Chicken Demi-Glacé



Brown Sugar



Cornstarch

BUST OUT

- 2 Baking Sheets
- Aluminum Foil
- Garlic Press
- Measuring Cups
- Large Non-Stick Pan
- Whisk
- Measuring Spoons
- Salt and Pepper
- Small Bowl
- Olive or Canola oil
- Paper Towel

INGREDIENTS

4-person

- Pork Tenderloin 680 g
- Sweet Potato, cubes 680 g
- Green Beans, trimmed 340 g
- Garlic 20 g
- Thyme 10 g
- Chicken Demi-Glace 2
- Brown Sugar 2 tbsp
- Cornstarch 9 1 tbsp

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 71°C/160°F.



START STRONG

Preheat the oven to **450°F** (to roast the sweet potatoes and green beans). Start prepping when the oven comes up to temperature!



1 ROAST SWEET POTATOES

Wash and dry all produce.* On a baking sheet, toss the **sweet potatoes** with **1 tbsp oil**. Season with **salt** and **pepper**. Roast in the middle of the oven, stirring halfway through cooking, until golden-brown and tender, 25-28 min.



2 COOK GREEN BEANS

Meanwhile, mince or grate the **garlic**. Strip **1 tbsp thyme leaves** off the stems. Cut off the stem of the **green beans**, if needed. On another baking sheet, toss the **green beans** with **2 tsp oil**. Season with **salt** and **pepper**. Roast in the top of the oven until the **green beans** are tender, 10-12 min.



3 COOK PORK

Meanwhile, pat the **pork** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When the pan is hot, add **1 tbsp oil**, then the **pork**. Pan-fry until golden-brown and cooked through, 3-4 min per side. (**TIP:** Cook to a minimum internal temp. of 71°C/160°F, as size may vary.**)



4 START SAUCE

Meanwhile, in a small bowl, whisk together the **brown sugar**, **demi-glace**, **cornstarch** and **1 cup water**. When the **pork** is done, transfer to a plate and cover with foil to keep warm.



5 FINISH SAUCE

Using the same pan, reduce the heat to medium. Add **1 tbsp oil**, then the **thyme** and **garlic**. Cook, stirring and scraping any **brown bits** from the bottom of the pan, until fragrant, 1 min. Add the **brown sugar mixture** and whisk until the **sauce** slightly thickens, 3-4 min. Season with **salt** and **pepper**.



6 FINISH AND SERVE

Divide the **pork**, **sweet potatoes** and **green beans** between plates. Spoon the **garlic-thyme sauce** over the **pork**.

ROASTED!

Roasting veggies is a great way to add more flavour to a dish!

