



# ROASTED PORK TENDERLOIN

with Lemony Potatoes and Zucchini



## HELLO

### LEMONY POTATOES

A squeeze of citrus adds instant sunshine to tender roasted spuds.



Yukon Gold Potatoes



Garlic



Zucchini



Pork Tenderloin



Red Onion



Lemon



Cilantro



Chicken Demi-Glace  
(Contains: Milk)

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 550



## START STRONG

Don't forget to turn the pork periodically as it sears in the pan. You want to brown it on all sides, which will ensure that the meat cooks evenly and is perfectly delicious throughout.

## BUST OUT

- 2 Baking sheets
- Paper towels
- Large pan
- Olive oil (4 tsp | 8 tsp)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)

## INGREDIENTS

Ingredient **2-person** | **4-person**

- Yukon Gold Potatoes **12 oz** | **24 oz**
- Red Onion **1** | **2**
- Garlic **2 Cloves** | **2 Cloves**
- Lemon **1** | **1**
- Zucchini **1** | **2**
- Cilantro **¼ oz** | **¼ oz**
- Pork Tenderloin\* **12 oz** | **24 oz**
- Chicken Demi-Glace **1** | **2**

\* Pork is fully cooked when internal temperature reaches 145 degrees.

## WINE CLUB

Pair this meal with a HelloFresh Wine matching this icon.

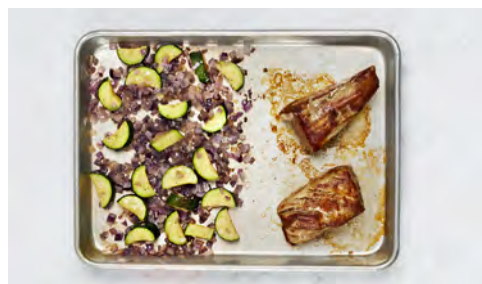


[HelloFresh.com/Wine](https://www.hellofresh.com/wine)



## 1 ROAST POTATOES

Adjust racks to top and middle positions and preheat oven to 450 degrees. **Wash and dry all produce.** Dice **potatoes** into ½-inch pieces. Toss on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Roast on top rack, tossing halfway through, until tender and crisped, about 25 minutes.



## 4 ROAST PORK AND VEGGIES

Transfer **pork** to baking sheet with **onion** and **zucchini**. Roast on middle rack until veggies are tender and pork is cooked through, 12-15 minutes. Transfer pork to a cutting board and let rest 5 minutes.



## 2 PREP

Meanwhile, halve, peel, and dice **onion** into ½-inch pieces. Mince or grate **garlic**. Halve **lemon**. Halve **zucchini** lengthwise, then slice into ½-inch-thick half-moons. Roughly chop **cilantro**. Toss onion and zucchini on a second baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Set aside.



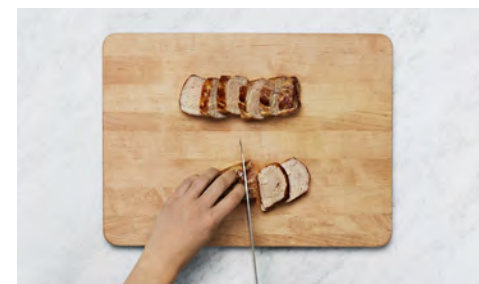
## 5 MAKE PAN SAUCE

Heat a drizzle of **olive oil** in pan used to cook pork over medium heat. Add **garlic** and cook until fragrant, 1-2 minutes. Add **demi-glace** and ½ **cup water**. Cook, scraping up any browned bits from bottom of pan, until slightly reduced, 3-4 minutes. Turn off heat. Stir in **1 TBSP butter** until melted. Season with **pepper** and a squeeze of **lemon juice**.



## 3 COOK PORK

Pat **pork** dry with paper towels; season all over with **salt** and **pepper**. Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add pork and cook, turning occasionally, until browned all over, 4-8 minutes total. Turn off heat.



## 6 PLATE AND SERVE

Slice **pork** crosswise. Divide **potatoes, veggies**, and pork between plates. Top veggies with a squeeze of **lemon juice** (to taste). Drizzle pork with **pan sauce**. Garnish everything with **cilantro**.

## SOUR POWER!

Just add lemon to take dinner above and beyond.

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