



#### In your box

12 oz. Green Beans  
1 Shallot  
1 Rosemary Sprig  
1 oz. Dijon Mustard  
½ oz. Honey  
1 Pork Tenderloin  
4 tsp. Chicken Demi-Glace

CONTAINS milk



## Honey Mustard Pork Tenderloin

with rosemary-roasted green beans and shallot

NUTRITION per serving—Calories: 458, Carbohydrates: 30g, Fat: 15g, Protein: 46g, Sodium: 1581mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**50-60 min.**

Cook Within  
**6 days**

Difficulty Level ● □ □ □  
**Easy**

Spice Level □ □ □ □  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray  
Baking Sheet, Mixing Bowl, Large Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Preheat oven to **400 degrees**
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: **honey mustard mixture**



1

### Prepare the Ingredients

- Trim ends off **green beans**.
- Peel **shallot** and cut into ¼” slices.
- Stem **rosemary** and coarsely chop.
- Combine **Dijon** and **honey** in a mixing bowl.
- Pat **pork tenderloin** dry, and season all sides with ½ tsp. **salt** and ¼ tsp. **pepper**.



2

### Prepare the Vegetables

- Place **green beans** and **shallot** on prepared baking sheet. Toss with 1 tsp. **olive oil**, **rosemary**, ¼ tsp. **salt**, and a pinch of **pepper**.
- Spread into a single layer on ¾ of baking sheet (some overlap is ok).



3

### Sear the Pork Tenderloin

- Heat 2 tsp. **olive oil** in a large pan over medium-high heat.
- Add **pork tenderloin** to hot pan and turn occasionally until golden brown all over, 5-8 minutes.
- Transfer tenderloin to empty space on baking sheet.
- Reserve pan; no need to wipe clean.



4

### Roast the Vegetables and Tenderloin

- Spoon or brush half the **honey mustard mixture** (reserve remaining for sauce) on **pork tenderloin**.
- Roast in hot oven until **vegetables** are tender and pork reaches a minimum internal temperature of 145 degrees, 11-15 minutes.
- Rest pork 3-5 minutes before cutting into ½” slices.
- While pork rests, make sauce.



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### Make the Sauce

- Return pan used to sear pork to high heat.
- Add ¼ cup **water**, remaining **honey mustard mixture**, and **demi-glace**. Bring to a boil and cook until sauce is thick enough to coat the back of spoon, 1-2 minutes.
- Plate dish as pictured on front of card. Bon appétit!