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

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
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.

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.

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.

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!