



Honey Thyme Pork Tenderloin

(with Roasted Potatoes & Broccoli)

10-minute prep
30-minute cook
4 Servings

Calories – 560

Protein – 38 grams

Fat – 23 grams

Carbohydrates – 46 grams

Ingredients:

- 24oz Pork Tenderloin
- 24oz Yukon Potatoes
- 16oz Broccoli Florets
- Olive Oil

Honey Sauce:

- 4oz Chicken Stock
- 1 clove garlic (minced)
- 1 tsp dried thyme
- 4 tsp honey
- 1/3 cup water
- 2 tbsp butter
- Salt
- Pepper

Instructions:

1. Wash/dry produce, preheat oven to 450°, dice potatoes into 1/2" pieces
2. Toss potatoes on baking sheet and drizzle with olive oil, season with salt and pepper
3. Roast potatoes on top rack (tossing halfway) until lightly browned/tender (20-25 min)
4. While potatoes roast, rinse pork and pat dry with paper towels, season both sides liberally with salt and pepper
5. Heat a drizzle of olive oil in large pan over medium heat, add pork and sear until browned on both sides (4-8 minutes) – leave juices from cooking in pan
6. Transfer seared pork onto another baking sheet, cut broccoli into bite-sized pieces, toss on baking sheet with olive oil, season with salt and pepper
7. Place baking sheet into oven and cook pork/broccoli for 12-15 minutes
8. Once pork is done, transfer to a cutting board to rest – thinly slice crosswise
9. Heat a drizzle of oil in the pan used for searing pork, add minced garlic, thyme, and cook until fragrant (about 30 seconds)
10. Stir in chicken stock, honey, and 1/3 cup water – let simmer, mix well until sauce has reduced and thickened (2-3 minutes)
11. Stir in 2 tbsp of butter until melted, season with salt and pepper
12. Once potatoes and broccoli are finished cooking, divide pork, drizzle with honey sauce, divide veggies and serve