

# DINNERLY



## Honey-Mustard Pork Tenderloin with Roasted Potatoes, Buttery Peas & Carrots



20-30min



2 Servings

With this dish, we've modernized the idea of "meat & potatoes." We glaze succulent pork tenderloin with a sweet-tangy honey-mustard, because honey and mustard go together like peas and carrots, which is exactly what we serve on the side! (Along with crunchy-on-the-outside, and tender-on-the-inside roasted potatoes.) Make sure to spoon any extra pan juices over the pork for a delicious finish. We've got you covered!

### WHAT WE SEND

- 2 potatoes
- 10 oz pkg pork tenderloin
- ½ oz honey
- 3 oz carrots
- 5 oz peas
- ¼ oz Dijon mustard

### WHAT YOU NEED

- kosher salt & ground pepper
- olive oil
- butter <sup>1</sup>
- garlic

### TOOLS

- rimmed baking sheet
- medium saucepan

### COOKING TIP

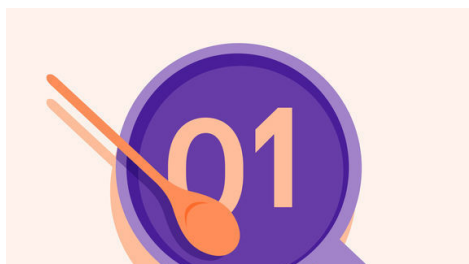
Veggies might cook faster than the meat, so keep a close eye on them and remove from oven if they're browning too quickly.

### ALLERGENS

Milk (1). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 650kcal, Fat 27g, Carbs 59g, Protein 44g

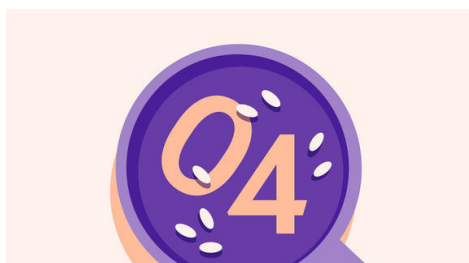


#### 1. Prep ingredients & glaze

Preheat oven to 450°F with a rack in the lower third.

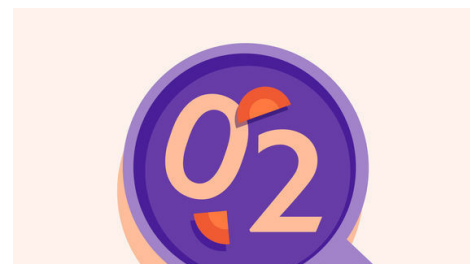
Scrub **potatoes**, then halve lengthwise and thinly slice crosswise into half-moons.

Pat **pork** dry, then season all over with **salt** and **pepper**. In a small bowl, stir to combine **honey**, **Dijon mustard**, and 1 **teaspoon oil**. Season with a **pinch each of salt and pepper**.



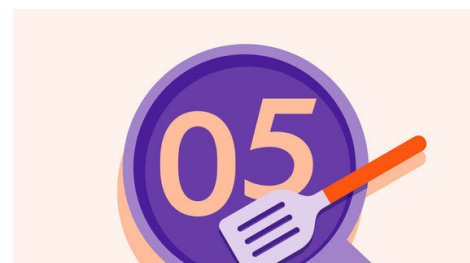
#### 4. Glaze pork & roast

Use a spatula to carefully flip **potatoes** on baking sheet. Brush **honey-mustard glaze** all over **pork**. Roast on lower oven rack until glaze is browned in spots and pork reaches an internal temperature of 145°F, about 5 minutes more (watch closely). Transfer pork to a cutting board and let rest for 5 minutes.



#### 2. Roast potatoes & pork

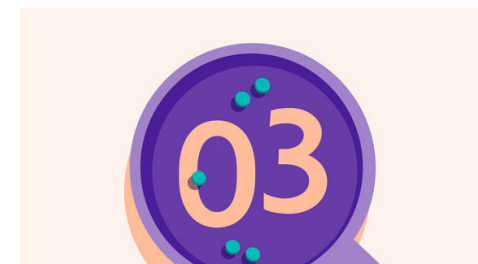
On a rimmed baking sheet, toss **potatoes** with 1 **tablespoon oil** and a **pinch each of salt and pepper**. Add **pork** to same baking sheet. Roast on lower oven rack until potatoes are tender and browned in spots, about 15 minutes (watch closely as ovens vary).



#### 5. Finish & serve

To saucepan with **carrots**, add **peas** and 2 **tablespoons water**; cover and cook over medium heat, stirring, until peas are tender, 2–3 minutes. Stir in 1 **tablespoon butter** until melted, then season to taste with **salt** and **pepper**. Thinly slice **pork**.

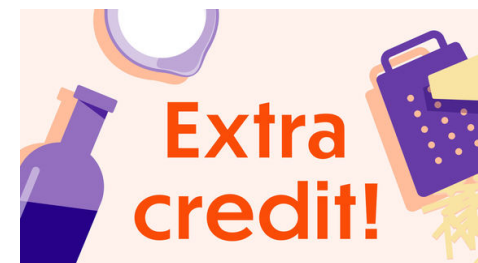
Serve **honey-mustard pork tenderloin** with **roasted potatoes** and **buttery peas and carrots** alongside. Enjoy!



#### 3. Cook carrots

While **veggies** and **pork** roast, finely chop 1 **teaspoon garlic**. Scrub and trim **carrot**, then thinly slice crosswise.

In a medium saucepan over medium heat, melt 1 **tablespoon butter**. Add **chopped garlic**, **carrots**, and a **pinch each of salt and pepper**. Cover; cook, stirring occasionally, until garlic is fragrant and carrots are just tender, 3–4 minutes. Keep covered until step 5.



#### 6. Picky eater proof!

We're not sure if there is anyone out there that doesn't love sweet and tangy honey-mustard BUT this glaze makes a great dipping sauce too! Instead of glazing the pork in step 4, set the sauce aside for serving.