

# MARLEY SPOON



## Honey-Mustard Glazed Pork Tenderloin

with Cheddar Mashed Potatoes, Peas & Carrots



30-40min



2 Servings

It's hard to beat a roast dinner! For this one, we've glazed juicy pork tenderloin with sweet and tangy honey-mustard. The pork is served with decadent cheesy mashed potatoes, and a side of buttery peas and carrots. A heavy drizzle of pan-gravy over top ties the whole meal together.



## What we send

- 14 oz Yukon gold potatoes
- 1 carrot
- 2 pieces sharp cheddar <sup>7</sup>
- ¼ oz fresh chives
- ½ oz pkt honey
- ¼ oz pkt Dijon mustard <sup>17</sup>
- 10 oz pork tenderloin
- 5 oz peas
- 1 pkt turkey broth concentrate

## What you need

- kosher salt & pepper
- olive oil
- 3 tablespoons butter <sup>7</sup>
- all-purpose flour <sup>1</sup>

## Tools

- medium saucepan
- colander
- medium ovenproof skillet
- small skillet
- potato masher or fork

## Allergens

Wheat (1), Milk (7), Sulphites (17).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 790kcal, Fat 39g, Carbs 64g,  
Protein 44g



### 1. Cook potatoes

Preheat oven to 450°F with a rack in the center. Peel **potatoes**, then cut into 1-inch pieces. Place in a medium saucepan with **1 teaspoon salt** and enough water to cover by 1 inch. Cover and bring to a boil over high, then uncover and cook until easily pierced with a fork, about 10 minutes. Reserve **½ cup cooking water**, then drain potatoes and return to saucepan. Cover to keep warm.



### 4. Cook peas & carrots

Meanwhile, add **carrots** and **2 tablespoons water** to a small skillet over medium-high. Bring to a boil, then cover and cook until **carrots** are tender, 2-4 minutes. Add **peas** and **1 tablespoon butter**; season with **salt** and **pepper**. Cook, stirring, until butter is melted and peas are warmed through, about 2 minutes. Remove from heat and cover to keep warm.



### 2. Prep ingredients & glaze

Scrub and trim **carrot**, then halve lengthwise and thinly slice crosswise into half-moons. Finely chop **all of the cheddar**. Thinly slice **2 teaspoons chives**. In a small bowl, combine **honey**, **mustard**, 1 teaspoon of the chopped chives, and **1 teaspoon oil**. Season with **a pinch each of salt and pepper**.



### 5. Mash potatoes, make broth

Heat saucepan with **potatoes** over medium. Add **2 tablespoons butter**, then use a potato masher or fork to coarsely mash. Stir in **cheddar**. Add **1 tablespoon reserved cooking water** at a time, as needed to reach desired consistency. Season to taste with **pepper**. In a liquid measuring cup, whisk **turkey broth concentrate**, **½ cup water**, and **½ tablespoon flour** until smooth.



### 3. Glaze & roast pork

Pat **pork** dry. Heat **1 tablespoon oil** in a medium ovenproof skillet over medium-high. Add pork and cook, flipping once, until browned, 2-3 minutes per side. Brush pork with **glaze**, then add **⅓ cup water** to skillet. Roast on center oven rack until the internal temperature reaches 145°F, 10-12 minutes. Transfer to a cutting board to rest, 5 minutes. Reserve skillet with pan drippings.



### 6. Make gravy & serve

Add **broth mixture** to reserved skillet with **pan drippings**. Cook over medium-high, whisking, until **gravy** is slightly thickened, 2-3 minutes. Season with **salt** and **pepper**. Thinly slice **pork**. Serve **honey-mustard glazed pork** with **cheddar mashed potatoes**, **peas**, and **carrots** alongside. Spoon **gravy** over top, then sprinkle with **remaining chives**. Enjoy!