



**GREEN
CHEF**

HONEY-MUSTARD PORK TENDERLOIN

cheesy potato cakes, kale salad with dried cranberries & pepitas

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

1030

Vibrant honey mustard is the perfect glazy addition to tonight's roasted pork tenderloins. Here, the tangy-sweet sauce keeps the pork tender and juicy while it's in the oven. The sauce is also drizzled over a side of savory potato cakes made with Italian-seasoned yellow potatoes and sharp white cheddar cheese. A nourishing kale salad with dried cranberries and pepitas adds a little green to the plate.

INGREDIENTS (10 ITEMS)

| | |
|----------|--|
| 12 oz | Yellow potatoes |
| 2¾ oz | Green kale |
| 1¼ oz | Orange cider vinaigrette |
| 1 oz | Dried cranberries |
| ½ oz | Pepitas |
| 2 (6 oz) | Pork tenderloins* |
| ½ tsp | Italian seasoning |
| 2¼ oz | Honey-mustard sauce |
| 2 oz | White cheddar cheese <small>M</small> |
| ½ cup | Breadcrumbs <small>W</small> |

WHAT YOU'LL NEED

medium pot
medium oven-safe sauté pan
large nonstick pan
medium bowl
measuring spoons
strainer
potato masher
thermometer
oven mitt
cooking oil
salt & pepper

ALLERGENS

M MILK
W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Pork is fully cooked when internal temperature reaches 145 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw pork. Consuming raw or undercooked pork may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Peel **yellow potatoes*** if desired. Medium dice into pieces, about ½ inch each.
- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

COOK POTATOES

- Place **potatoes** in a medium pot. Cover with about 2 inches cold, lightly salted water. Bring to a boil. Cook 12-14 minutes, or until fork-tender.
- Strain **potatoes**; shake off excess water. Return to pot.

3

MAKE SALAD

- Place **kale** in a medium bowl. Drizzle with about 1 tablespoon of the **orange cider vinaigrette**. Lightly season with salt. Massage until leaves soften.
- Add **dried cranberries** and **pepitas**. Drizzle with remaining **vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

4

SEASON & COOK PORK

- Pat **pork tenderloins** dry with paper towels. Season with half of the **Italian seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium oven-safe sauté pan over medium heat. Add **pork** to hot pan. Sear 4-6 minutes, or until lightly browned on all sides.
- Drizzle about half of the **honey-mustard sauce** over pork. Transfer pan to oven. Roast 12-15 minutes, or until pork is fully cooked.*
- Transfer **pork** to a cutting board. Let rest at least 3 minutes.

**To keep your hands safe, slide a silicone cover (or pot holder) over the handle of the hot pan once it comes out of the oven.*

5

MAKE MIXTURE & FORM PATTIES

- Mash **potatoes** with a potato masher (or fork) until smooth. Add **white cheddar cheese** and **breadcrumbs**. Season with remaining **Italian seasoning**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Using a silicone spatula, gently fold and compress the **mixture** until cohesive, 1-2 minutes.
- Spread **potato mixture** out in an even layer on a plate. Transfer to refrigerator. Let cool about 3 minutes.
- Once cool to the touch, form **potato mixture** into four patties, about ½ inch thick.

6

COOK POTATO CAKES

- Heat about 2 tablespoons cooking oil in a large nonstick pan over medium heat until shimmering. Once pan is hot, add **potato patties**. Sear 4-5 minutes on each side, or until potato cakes are browned and crisp.

7

PLATE YOUR DISH

- Cut **pork** into 4-6 slices each.
- Divide **roasted honey-mustard pork tenderloins** between plates. Shingle **cheesy potato cakes** next to pork. Drizzle remaining **honey-mustard sauce** over potato cakes. Serve **kale salad with dried cranberries and pepitas** on the side. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (531g)

Amount per serving

Calories 1030

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 55g | 71% |
| Saturated Fat 13g | 65% |
| Trans Fat 0g | |
| Cholesterol 120mg | 40% |
| Sodium 1220mg | 53% |
| Total Carbohydrate 79g | 29% |
| Dietary Fiber 7g | 25% |
| Total Sugars 28g | |
| Includes 22g Added Sugars | 44% |
| Protein 51g | |
| Vitamin D 0mcg | 0% |
| Calcium 369mg | 30% |
| Iron 5mg | 30% |
| Potassium 1026mg | 20% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Pork Tenderloin [pork], **Honey-Mustard Sauce** (Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Honey [honey]), **Green Kale**, **Pepitas** [pumpkin seed kernels], **Dried Cranberries** [cranberries, cane sugar, sunflower oil], **Orange Cider Vinaigrette** (Apple Cider Vinegar [apple cider vinegar], Orange Juice [organic orange juice], Lemon Juice [lemon], Agave [organic agave syrup], Sea Salt, Black Pepper, Sunflower Oil [high oleic sunflower oil]), **Yellow Potatoes**, **Breadcrumbs** [bleached wheat flour, yeast, sugar, salt], **Mild White Cheddar** [pasteurized milk, cheese cultures, salt, enzymes, annatto, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Italian Seasoning** [basil, rosemary, marjoram, oregano, thyme]

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.