



In your box

- 16 oz. Carrot
- 🔪 1 Chipotle Pepper in Adobo Sauce
- 1 Tbsp. Tomato Paste
- 2 Garlic Cloves
- ¼ oz. Cilantro
- 4 oz. Light Cream
- 2 tsp. Blackening Seasoning

Customize It Options

- 14 oz. Pork Tenderloin
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 12 oz. Ranch Steaks
- 12 oz. Antibiotic-Free Boneless Skinless Chicken Breasts
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk

You will need

- Olive Oil, Salt, Cooking Spray
- Baking Sheet, Large Non-Stick Pan, Medium Non-Stick Pan

Minimum Internal Protein Temperature

145°	Steak	Pork	Lamb	Seafood
160°	Ground Beef		Ground Pork	
165°	Chicken		Ground Turkey	

Classic Meal Kit



Blackened Pork Tenderloin in Adobo Cream

with garlic cilantro carrots

NUTRITION per serving—Calories: 534, Carbohydrates: 26g, Sugar: 14g, Fiber: 6g, Protein: 44g, Sodium: 1375mg, Fat: 28g, Saturated Fat: 11g
 Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

40-50 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Medium

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **400 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **chicken breasts**, pat dry and season both sides with ¼ tsp. **salt** and **seasoning blend**. Follow same instructions as pork tenderloin in Step 2, searing, 2-3 minutes per side, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.
- If using **ribeye**, pat dry and season both sides with ¼ tsp. salt and seasoning blend. Follow same instructions as pork tenderloin in Step 2, searing, 2-3 minutes per side, then roasting until ribeye reaches minimum internal temperature, 5-7 minutes. Rest 3 minutes. Halve to serve.
- If using **ranch steaks**, pat dry and season both sides with ¼ tsp. salt and seasoning blend. Follow same instructions as pork tenderloin in Step 2, searing, 2-3 minutes per side, then roasting until steaks reach minimum internal temperature, 7-9 minutes. Rest 3 minutes.



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into ¼" slices.
- Mince **cilantro** (no need to stem).
- Mince **garlic**.
- Mince **chipotle pepper**. *Wash hands and cutting board after working with pepper.*
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and **seasoning blend**.



2. Roast the Pork Tenderloin

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **pork tenderloin** to hot pan and sear on two "sides" until browned, 3-4 minutes per side.
- Transfer pork to prepared baking sheet. Reserve pan; no need to wipe clean.
- Roast in hot oven until pork reaches a minimum internal temperature of 145 degrees, 13-16 minutes.
- Rest roasted pork 5 minutes.
- While pork roasts, cook carrot.



3. Cook the Carrot

- Return pan used to sear pork to medium heat and add 2 tsp. **olive oil**. Add **carrot** and ¼ tsp. **salt** to hot pan. Stir occasionally until lightly browned, 2-3 minutes.
- Add ¼ cup **water**. Cook until water is evaporated and carrots are tender, 3-4 minutes.
- *If carrot needs more time, add 1 tsp. olive oil and cook, 3-5 minutes.*
- Stir in **garlic** and cook until aromatic, 30-60 seconds.
- Remove from burner and stir in **cilantro**.



4. Make the Sauce

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**. Add **tomato paste** and half the **chipotle pepper** to hot pan. Stir constantly until combined, 30 seconds.
- Stir in **cream** and ¼ tsp. **salt**. Bring to a boil.
- Once boiling, stir occasionally until liquid is reduced by half, 2-3 minutes.
- *Don't be afraid of a little steam; reducing requires heat!*
- Carefully, taste and add more chipotle pepper, if desired. Remove from burner.



5. Finish the Dish

- *If desired, slice rested pork tenderloin into ½" slices.*
- Plate dish as pictured on front of card, placing pork on **sauce**. Bon appétit!