



In your box

- 8 oz. Carrot
- 8 oz. Brussels Sprouts
- 2 oz. Red Cooking Wine
- 2 Tbsp. Fig Spread
- 1 oz. Goat Cheese

Customize It Options

- 14 oz. Pork Tenderloin
- 16 oz. USDA Choice Boneless Ribeye Steak (1 Steak, Serves 2)
- 20 oz. Lamb Loin Chops
- 14 oz. Duroc Boneless Pork Chops
- 13 oz. Boneless Skinless Chicken Breasts

*Contains: milk

You will need

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

Minimum Internal Protein Temperature

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

Classic Meal Kit



Fig-Glazed Pork Tenderloin

with goat cheese Brussels sprouts and carrots

NUTRITION per serving—Calories: 499, Carbohydrates: 34g, Sugar: 18g, Fiber: 6g, Protein: 48g, Sodium: 1135mg, Fat: 17g, Saturated Fat: 5g
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

35-45 min.

Cook Within

6 days

Difficulty Level

Intermediate

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to **450 degrees**
- Prepare a baking sheet with foil and cooking spray

Customize It Instructions

- If using **pork chops** or **lamb**, in Step 2, roast **vegetables**, 14 minutes. Follow same instructions as pork tenderloin in Steps 1, 3, and 4, searing until browned, 2-4 minutes per side, then roasting until protein reaches minimum internal temperature, 6-8 minutes. Rest, 3 minutes.
- If using **ribeye**, in Step 2, roast vegetables, 15 minutes. Follow same instructions as pork tenderloin in Steps 1, 3, and 4, searing until browned, 2-3 minutes per side, then roasting until steak reaches minimum internal temperature, 5-7 minutes. Rest, 3 minutes. Halve to serve.
- If using **chicken**, in Step 2, roast vegetables, 10 minutes. Follow same instructions as pork tenderloin in Steps 1, 3, and 4, searing until browned, 2-3 minutes per side, then roasting until chicken reaches minimum internal temperature, 10-12 minutes.



1. Prepare the Ingredients

- Peel, trim, and cut **carrot** on an angle into ¼" rounds.
- Trim bottoms off **Brussels sprouts** and halve (quarter if larger than ping-pong balls).
- Pat **pork tenderloin** dry, and season all over with ¼ tsp. **salt** and a pinch of **pepper**.



2. Roast the Vegetables

- Toss **carrot** and **Brussels sprouts** with 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** on prepared baking sheet.
- Spread into a single layer on one half. Roast in hot oven, 7 minutes.
- Remove from oven. *Vegetables will finish cooking in a later step.*
- While vegetables roast, sear pork tenderloin.



3. Sear the Pork Tenderloin

- Place a large non-stick pan over medium-high heat.
- Add 2 tsp. **olive oil** and **pork tenderloin** to hot pan. Sear until lightly browned on two "sides," 3-4 minutes per side.
- Remove from burner. Transfer pork to empty side of baking sheet. Reserve pan; no need to wipe clean.



4. Finish the Vegetables and Pork Tenderloin

- Roast **vegetables** and **pork tenderloin** in hot oven until vegetables are tender and pork tenderloin reaches a minimum internal temperature of 145 degrees, 13-16 minutes.
- Rest cooked pork tenderloin, at least 5 minutes, then slice into ½" medallions.
- While pork rests, make glaze.



5. Make Glaze and Finish Dish

- Return pan used to sear pork tenderloin to medium-high heat. Add **red cooking wine** and **fig spread** to hot pan. Stir occasionally until it thickens into a thin syrup, 1-2 minutes.
- *If glaze reduces too much or thickens too much as it cools, stir in water, 1 Tbsp. at a time, until desired consistency is reached.*
- Plate dish as pictured on front of card, placing **pork** on glaze and garnishing **vegetables** with **goat cheese** (crumbling if needed). Bon appétit!