



Balsamic Fig-Glazed Pork Tenderloin

WITH ROSEMARY BUTTERNUT SQUASH

Oven-Ready Plus



Prep & Cook Time

25-35 MIN

Cook Within

6 DAYS

You Will Need

Olive Oil, Salt, Pepper, Cooking Spray
Medium Non-Stick Pan,
Mixing Bowl

Ingredients

- 1/2 tsp. Garlic Salt
- 12 oz. Cubed Butternut Squash
- 1 fl. oz. Balsamic Glaze
- 1 oz. Walnut Halves
- 1/4 tsp. Red Pepper Flakes
- 1 oz. Feta Cheese
- 1 tsp. Garlic Pepper
- 1 Rosemary Sprig
- 1 Tbsp. Fig Spread
- 12 oz. Pork Tenderloin Medallions

Difficulty Level

EASY

Spice Level

MILD

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

View nutritional information at www.homechef.com/20695

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

Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

Before You Cook

All cook times are approximate based on testing.



1. Bake the Butternut Squash

- Turn oven on to 425 degrees. Let preheat, at least 10 minutes. Thoroughly rinse any fresh produce and pat dry.
- Stem and mince **rosemary**.
- In one provided tray, combine **butternut squash**, 1 tsp. rosemary, 2 tsp. **olive oil**, **garlic salt**, and ¼ tsp. **pepper**.
- Bake uncovered in hot oven until starting to brown, 20-25 minutes.
- While squash bakes, continue recipe.



2. Sear the Pork

- Spray second provided tray with **cooking spray**.
- Pat **pork** dry and season with **garlic pepper** and ¼ tsp. **salt**.
- If you receive a whole tenderloin, pat dry, then slice into medallions, ¾"-thick.
- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add pork to hot pan and sear on one side, 2 minutes.
- Remove from burner. Transfer pork to second prepared tray, seared side up.



3. Bake the Meal

- Bake **pork** uncovered in hot oven until it reaches a minimum internal temperature of 145 degrees, 5-6 minutes.
- In a mixing bowl, combine **balsamic glaze**, a pinch of **salt**, **red pepper flakes** (to taste), and **fig spread**.
- Coarsely crush **walnuts** in bag.
- Carefully remove both trays from oven. Rest, 3 minutes.
- *Medallion thickness can vary; if you receive a thinner medallion, we recommend checking for doneness sooner.*
- Carefully remove both trays from oven.
- To serve, top pork with balsamic-fig sauce and garnish **squash** with **cheese** and walnuts. Bon appétit!