



HOME CHEF

Winter-Rub Pork Tenderloin

With Shaved Brussels Sprouts, Cranberry, and Pecan Sauté



When there's a cold snap (or not, depending on where you live!) you'll want nothing more than these favorite toasty comforting flavors. In this dish, pork tenderloin is rubbed with our special Winter Rub, infusing rich cinnamon, cumin, thyme, oregano, brown sugar, and red pepper aromatics through the meat. We pair the slow-roasted slices with a shaved Brussels sprouts sauté accented with luscious pecans and tart dried cranberries.

OVERVIEW



TIME TO PREPARE



EASY RECIPE



MILD



DAYS BEST COOKED BY

NUTRITION

Calories: 605
Carbohydrates: 24g
Fat: 27g
Protein: 57g
Sodium: 147mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



SOY-FREE

DRINK PAIRING

Stud an apple with cloves, then bring to a boil with a quart of apple cider, ¼ cup of brown sugar, ½ tsp. of allspice, and a little pinch of nutmeg (a little goes a long way!). Remove from heat, then stir in a half cup—or more—of dark rum and garnish with a cinnamon stick.

INGREDIENTS

10 oz. Brussels Sprouts
1 Shallot
½ oz. Pecans
3 Parsley Sprigs
1 Pork Tenderloin
2 Tbsp. Home Chef Winter Rub
1 oz. Dried Cranberries

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

Baking Sheet
2 Medium Pans

DID YOU KNOW?

Our Winter Rub is 3 parts thyme, 3 parts oregano, 2 parts brown sugar, 1 part red pepper, 1 part cumin, and 1 part cinnamon by weight.



Prepare the Ingredients

Preheat the oven to 375 degrees and prepare baking sheet with foil or use a nonstick baking sheet. Thoroughly rinse produce and pat dry. Slice **Brussels sprouts** into ¼” rounds. Peel and halve **shallot**. Slice shallot into thin strips (julienne). Coarsely chop **pecans**. Stem and coarsely chop **parsley**. Rinse **tenderloin**, pat dry, and coat with **winter rub** and a pinch of **salt and pepper**. *Coating meat with rubs before searing not only seasons the meat, but also forms a flavorful crust when caramelized.*



Pan-Sear the Tenderloin

Warm 1 Tbsp. **olive oil** in a medium pan over medium-high heat. Sear **tenderloin** on all sides, about 10-12 minutes total, until most of the outside is caramelized. Transfer to prepared baking sheet and roast for 20-25 minutes, or until a minimum internal temperature is 160 degrees is reached. Set aside. *Let the meat rest for 5 minutes to allow the juices to redistribute themselves throughout the meat, which results in a juicier slice.*



Prepare the Sauté

Warm 1 Tbsp. **olive oil** in a medium pan over medium-high heat. Add **shallot, shaved Brussels sprouts**, and half the **parsley** (reserving remaining for garnish) and sauté for 4-6 minutes or until browned. Add **cranberries** and **pecans** and cook for 2 minutes. Add **salt and pepper** to taste. Set aside.



Slice the Tenderloin

Slice rested **pork tenderloin** into ½” thick pieces. *Chef's tip: for optimum slicing, use a sharp knife with a long blade, and gently run the entire length of the blade—instead of sawing back and forth—over the meat with gentle pressure. Let the knife do the work.*



Plate the Dish

Compose a mound of **Brussels sprouts** on side of plate. Arrange 5-6 slices of **tenderloin** against Brussels. Garnish with remaining **parsley**.

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