



HOME CHEF

Fennel and Thyme Crusted Pork Tenderloin

With Oven-Roasted Brussels Sprouts and White Balsamic Peperonata



Here, in the Home Chef laboratories, we've been able to combine the warmth of a loved one's embrace, the satisfaction of a home cooked meal, and the excitement of discovering new flavors, into one awesomely delicious dish. Fragrant fennel and savory thyme accent pork tenderloin perfectly while caramelized Brussels sprouts and sweet peperonata provide hearty sides worthy of sharing this plate.

OVERVIEW



TIME TO PREPARE



INTERMEDIATE RECIPE



DAYS BEST COOKED BY

NUTRITION

Calories: 584
Carbohydrates: 35g
Fat: 19g
Protein: 71g
Sodium: 814mg
per serving

DIETARY



LOW CALORIE



LOW CARB



DAIRY-FREE



GLUTEN-FREE



NUT-FREE



SOY-FREE

DRINK PAIRING

Saison Beer
Chianti
Italian Lager

INGREDIENTS

1 ½ Tbsp. Fennel Seed
6 Thyme Sprigs
1 Red Bell Pepper
1 Yellow Bell Pepper
6 oz. Brussels Sprouts
1 Red Onion
2 Garlic Cloves
1 Pork Tenderloin
1 Tbsp. White Balsamic Vinegar
2 oz. Tomato Sauce

WHAT YOU NEED

Olive Oil
Salt
Pepper

EQUIPMENT

2 Baking Sheets
Mixing Bowl
2 Medium Pans

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Prepare the Ingredients

Arrange oven racks in the upper and lower thirds and preheat to 400 degrees. Thoroughly rinse produce and pat dry. Crush **fennel seeds** with the bottom of a heavy pan. Reserve half of **thyme** sprigs for garnish and pull leaves from other half. Halve **Brussels sprouts**. Mince **garlic**. Thinly slice **onion**. Stem, core and slice **red and yellow bell peppers** into strips (julienne).



Cook the Brussel Sprouts

Line two baking trays with foil and coat lightly with **cooking spray** or use two non-stick baking trays. Arrange **Brussels sprouts** in a single layer, drizzle with **olive oil**, and toss to coat. Season with a pinch **salt** and **pepper**. Bake on upper rack for 15 minutes, or until browned on the outside and tender inside. In a separate small bowl, combine **thyme leaves**, **fennel seeds**, 1 tsp. of **salt**, and a pinch of **pepper**.



Cook the Pork Tenderloin

Preheat a medium pan over medium heat and add 1 tsp. of **olive oil**. Set aside 1 tsp. of **fennel-thyme mixture** and season the **tenderloin** liberally with remaining seasoning. Brown tenderloin on all sides, about 1 minute each side. Transfer to a baking sheet and place in oven on lower rack. Cook for 16-18 minutes or until internal temperature reaches 140 degrees. Let rest on a cutting board and tent with foil.



Make the Peperonata

Heat 1 tsp. of **olive oil** in a medium pan over medium-high heat. Add **sliced onion**. Cook for 2-3 minutes until just beginning to soften, and add **bell peppers**, **garlic**, and reserved 1 tsp. **fennel-thyme mixture**. Cook 3-4 minutes and add **vinegar** and **tomato sauce**. When mixture begins to simmer, reduce heat to low and continue cooking 8 more minutes until all the vegetable are softened and sauce begins to thicken.



Slice the Tenderloin

Slice the **pork tenderloin** into ½” slices.



Plate the Dish

Divide the **roasted Brussels sprouts** in the center of the plate and shingle the **pork tenderloin slices** in front. Spoon the **peperonata** generously on top of the pork and garnish with reserved **thyme sprigs**.